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Celebrity Buzz

Lohan being investigated in jewel theft

pg 30



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WEDNESDAY, JUNE 17, 2009

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Daycare death to be probed by cops

INVESTIGATION Gatineau police are investigating the death of a 10-month-old boy who died after an incident at a family daycare in Aylmer yesterday morning. Gatineau Police Const. Isabelle Poirier said police were called to the daycare at 18 Polaire Rd. at around 9:30 a.m.

The young boy was transported to the hospital in Hull where he was pronounced dead. Poirier said the death is possibly accidental. Police are investigating the circumstances and cause of death, she said.

TIM WIECLAWSKI/METRO OTTAWA



Shabnam Assadollahi, who left Iran in 1985, was one of hundreds of people who protested the election of Mahmoud Ahmadinejad in front of Parliament Hill yesterday. More coverage, pgs 5 & 8

Standing with Iran

Protesters march on Parliament Hill to demand action by Ottawa

TRACEY TONG
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Iranians in Ottawa

• The embassy of the Islamic Republic of Iran gave an unofficial count of between 8,000 and 10,000 Iranians living in the City of Ottawa.

METRO OTTAWA

Hundreds of members of Ottawa's Iranian-Canadian community rallied near Parliament Hill yesterday to protest the result of Iran's presidential election and to show support for their counterparts in Iran.

"We're here to ask for re-election," said Hesam Mahdavi, one of the organizers for the protest.

The protesters want the Canadian government to help push for a new vote and to get a third-party observer for the election, Mahdavi said.

Mahdavi, who has been in Canada for almost 13 years, said he's asking "my Canadian government to step forward and observe the re-election."

"I'm here to support the Iranian people's fight for democracy and freedom," said Ottawa resident Mehdi Ardekani.

The other purpose of the rally is to let the general public know what it's all

about, he said.

Ottawa resident Shabnam Assadollahi left Iran in 1985, but said she attended the rally in support because her family still lives there. She's hoping for a revolution, a change of regime. The public can help, she said. They can educate themselves and write letters to their MPs and to the UN voicing their concern, she said.

Ottawa Centre MP Paul Dewar also attended the rally to show his support. "The people of Iran need to be respected. People around the world are asking for a review of the Iran election," he said. "The message is clear — we stand with the people of Iran."

Protesters from Ottawa were joined by people travelling from as far as Montreal and Toronto. Some participants who came out yesterday had no connection with Iran, Mahdavi said.

"They're joining because this is a human rights violation."

U.S. urges Twitter to delay its upgrade

IRAN The U.S. State Department said yesterday it had contacted the social networking service Twitter to urge it to delay a planned upgrade that would have cut daytime service to Iranians who are disputing their election.

Confirmation that the U.S. government had contacted Twitter came as the Obama administration sought to avoid suggestions it was meddling in Iran's internal affairs as the Islamic Republic battled to control deadly street protests over the election result.

Twitter and Facebook have been used as a tool by many young people to coordinate protests over the election's outcome. President Barack Obama said earlier yesterday he believed "people's voices should be heard and not suppressed" in Iran. Obama also said he did not want to be seen as "meddling" in Iranian internal affairs, given the two countries' rocky history.

Tweets

• North American users stopped re-tweeting the names of Iranian users last night when word broke protest organizers were being tracked through their Twitter accounts.

REUTERS

Fringe Fest pg 22



Theatre in city growing

Sunny Side

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MARK THE MOMENT

Indie film ponders whereabouts of a certain Liverpool lad

Is John Lennon alive? And if he is, could he be living in northern Ontario? Canadian director, writer and composer Peter McNamee's independent film *Let Him Be* explores this option with a run at the Mayfair Theatre Friday through Sunday. **METRO OTTAWA**

Local



Racing Nights target illegal 'stunting'

Ottawa police stopped 251 vehicles and seized one motorcycle in a crackdown on street racing last Friday night. Police said yesterday that as part of Project ERASE (Eliminate Racing Activity On Streets Everywhere), Ottawa police are planning further Racing Nights throughout the summer months, targeting "stunting" and other traffic and Environmental Protection Act offences. **METRO OTTAWA**

Bad news for P3: Economist

Public-private partnerships 'no longer viable,' says report

TIM WIECLAWSKI
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The global credit crunch could bring about the end of public-private partnerships and cast serious doubt of the viability of existing projects like the Royal Ottawa Hospital, according to a report released yesterday.

"The business model that made P3 financing work is no longer viable. You cannot borrow as much money at as low a rate as you used to be able to," said economist Hugh Mackenzie, who wrote the report titled *Bad Before, Worse Now* for the Ontario Council of Hospital Unions. "For core public service like hospitals and schools, there is no way that a P3 can come close to the government doing it directly."

The global financial crisis has created two problems for P3 projects, said Mackenzie.

The credit environment is much tighter than the "free-lending" days before 2008, he said. Mackenzie said the P3 projects that have not yet started will have difficulty raising the



In his report titled *Bad Before, Worse Now*, that he wrote for the Ontario Council of Hospital Unions, economist Hugh Mackenzie says that the cost of public private partnership has jumped substantially since the onset of the financial crisis.

capital to fund the projects.

"The problem will be just getting these things off the ground because the money is not available," he said.

Even worse, existing projects are facing a double jeopardy.

Most P3s have to be refinanced every five years or so, and Mackenzie is predicting that many will end up paying much higher in-

terest rates than before.

"They will find themselves suddenly having to pay significantly higher costs," he said.

With the tighter credit conditions now, Mackenzie said stakeholders would be lucky to borrow even 60 per cent of the cost, when prior to 2008, they could get up to 90 per cent of the cost of the project. Which means

that they will be scrambling to cover the difference when it's time to refinance.

The Royal Ottawa Hospital P3 was designed to hold 284 beds at a cost of \$95 million. It opened two years later as a 188-bed hospital costing \$146 million — \$51 million over the original target budget and significantly smaller than planned.

Noon music series kicks off today on the bridge

TRACEY TONG
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The name and the location are slightly different this year, but the National Capital Commission returns the same great musical offerings as the fourth annual Noon On the Bridge kicks off today.

Previously known as Noon Under the Bridge, the free summer music series — a collaboration between the NCC and groups like Parks Canada, the National Arts Centre, Canadian Heritage River Conference, Association des professionnels de la chanson et de la musique, the Ottawa International Jazz Festival, Cisco Ottawa Bluesfest and Ottawa Turkish Festival — consists of outdoor music and theatre performances on the Plaza Bridge overlooking the Rideau Canal.

Residents and visitors are invited to bring their lunch and enjoy a free hour of entertainment from noon to 1 p.m., on Tuesdays, Wednesdays and Thursdays.

Today's performance features a songwriters' circle themed around water and a presentation by the Parks Canada Players.

Most of summer

• Noon On the Bridge runs through Aug. 6. For more information, visit canadascapital.gc.ca/noononthebridge

From June 23 to 25, classical chamber music performances will be presented by the NAC's Summer Music Institute at Perez Hall at the University of Ottawa.

On June 30, the 2009 Juno-award winning quintet Chic Gamine will serenade the audience, while young jazz musicians from across Canada will take the stage on July 2 as part of the Jazz Youth Summit 2009.

Other performances during Noon On the Bridge will showcase a variety of musical styles, including blues, roots and folk.

Police seek person of interest in Aylmer church fire

TRACEY TONG
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INVESTIGATION Gatineau police have released a composite sketch of a man in hopes that the public can help identify a person of interest who was seen in

the parking lot of an Aylmer church before it burned down last week.

A man was seen in the parking lot of St. Paul Church about 30 minutes before the fire, police said.

Police said the man they are seeking is not a suspect, but a person who

might have more information about the incident.

He is described as between 35



Person of interest

and 45, about five feet 10 inches and weighing about 250 pounds. He has pale skin and was wearing a baseball cap, jeans and a beige sweater with stripes across the chest.

The historical church, which was located on Principale Street, burned

to the ground in the early hours of June 11. Police are suspecting arson in the incident.

Anyone with information about the fire, or the identity of the person of interest is asked to call Sgt. Robert Charbonneau at 819-243-2345 ext. 6007.

metronews.ca

What's online today.

Video Canadian combat engineers patrol on one of the Afghan mission's most dangerous jobs — defusing IEDs at metronews.ca/canada

Blogs Internets explains why Twitter's role in the Iranian protests is just the beginning of the next revolution in social networking

Lotteries **KENO** **3**

Ontario Pick 3: 2 1 8; Ontario Pick 4: 2 8 8 4

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4 local

International transfer fees unfair: Protesters

TRACEY TONG
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When Waberi Souleiman sends money to his family back home in Djibouti in east Africa, he uses a private company to do this.

That's because he's trying to avoid the fees he said the big banks charge to send money to developing countries.

A member of the Association of Community Organizations for Reform Now (ACORN), Souleiman participated in a protest — one of many happening across Canada and in five other countries yesterday — to call for a reform of the global remittance system and to mark ACORN's international day of action.

Some banks in the global remittance market have excessively high rates that hurt immigrant families here in Canada and keep much-needed resources out of the developing world, members said yesterday.

According to ACORN, the



ACORN member Waberi Souleiman, left, was one of the protesters calling for a reform of the global remittance system in downtown Ottawa yesterday.

money sent home by migrants is the second largest financial inflow to many developing countries, exceeding international aid. The organization is calling for these service providers to meet with representatives of ACORN to negotiate lower rates and improved services.

"When you send money to a person at home in Bei-

jing or Seoul, for example, they might have to pay more money to receive it," said ACORN member Michelle Walrand.

"They might have to pay \$1,000 to receive \$1,000. They will have spent 100 per cent. This is not only unfair, it should be illegal.

"We're hoping to raise awareness."

Police pursuit ends in charges against teens

ARREST Ottawa police charged two men following a police pursuit on Bank Street and Walkley Road Monday.

At 11 a.m., Ottawa police observed a red Chrysler Intrepid in the area of Bank and Walkley streets that matched the description of one reported stolen earlier in the day. Police said yesterday the driver of the vehicle failed to stop for police and a pursuit ensued.

A short distance later, the driver lost control of the vehicle, struck a tree and ended up against a house on Anoka Street.

Two men now face charges including possession of property obtained by crime, possession of a weapon for dangerous purpose, unauthorized possession of a prohibited weapon, unauthorized possession of a motor vehicle, dangerous operation of a motor vehicle and fail to stop for police/pursuit.

Samuel Berlinguette, 19, and Ahmed Hassan, 18, both of Ottawa, appeared in court yesterday.

TRACEY TONG/METRO OTTAWA

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MARK THE MOMENT

Globe and Mail staff to vote on strike

About 480 workers at the Globe and Mail newspaper will vote this weekend on whether to give their union a strike mandate amid tense negotiations over a new contract, a union official said yesterday. **REUTERS**

5

Canada



Walk of Fame inductees named

Blue Rodeo, Raymond Burr, Kim Cattrall, left, Tom Cochrane, Dsquared2, Howie Mandel, Robert Munsch and Chantal Petitclerc will be inducted into Canada's Walk of Fame in September, it was announced yesterday.

METRO NEWS SERVICES

Outrage goes online

KRISTEN THOMPSON
Metro Canada

IRAN ELECTION As people outraged over Iran's election results take to the streets in protest, even more are taking to the information highway, where they've found a safe venue to voice their concerns in the face of censorship and intimidation.

Ramin Joubin, 28, who was born in Iran and grew up in Vancouver, said the Iranian community is "empowered" by blogging, Tweeting and instant messaging about the riots in Tehran.

"(Postings) on Twitter and Facebook is bringing awareness on the issues," Joubin said.

"It really brings people together (and) allows them to interact and bridge gaps."

On June 12, President Mahmoud Ahmadinejad claimed a landslide victory over reformist candidate Mir Hossein Mousavi in a national election.

Millions of Iranians claimed the election was rigged, leading to deadly protests on the streets of Tehran.

The Internet has since been swarmed with forums and debates on the issue, with videos of violent protests, Facebook groups and real-time Twitter updates popping up.

VideoOnline

The Internet was quietly feeding Iranian dissent long before this election at metronews.ca/canada

News in brief

OLYMPICS The economic slowdown has proven to be a major hurdle in the race to sign up needed suppliers for next year's Winter Olympics, organizers said yesterday. The recession has already made it difficult to line up sponsors for the 2010 Games in Vancouver, but it has also made it difficult for some companies to bid on supply contracts for jobs such as providing food at local venues at the Games.

REUTERS

Montreal Walking tall



A stilt-walker practices in Cirque du Soleil's attempt at a Guinness world record for most people simultaneously walking on stilts yesterday in Montreal. A controversial new book about Cirque du Soleil owner Guy Laliberté is also being released.

Talks 'productive'

Ignatieff, Harper expected to meet again today

The chances of an early federal election appeared to diminish sharply yesterday after the leader of Canada's main opposition party held two rounds of "productive" talks with Prime Minister Stephen Harper.

Liberal Leader Michael Ignatieff had threatened Monday to topple Harper's minority Conservative government, but the political temperature dropped when the two men met for what both sides agreed were productive discussions.

More talks were scheduled for this morning, spokesmen for both sides said, but the outcome seemed increasingly clear. Ignatieff's ally Steve MacK-

No election fever

• Canadians are showing little interest in what would be the country's fourth election in little over five years. A Harris-Decima poll for Canadian Press Monday said only 14 per cent of respondents wanted an election now.

innon said on CTV that he expected "ultimately no election."

Ignatieff had said Monday he would try to bring down the Conservatives on a budgetary vote Friday unless Harper explained in detail how he planned to help Canadians survive the economic downturn.

Although Harper quickly delivered a largely defiant response, Ignatieff then said he saw enough in the prime minister's words to indicate some progress had been made. Harper then suggested the two meet yesterday.

"We're gradually getting clearer answers and we made a little progress yesterday," Ignatieff told French-language broadcaster Radio-Canada before the talks started.

After having spoken of progress and productive talks, it would be tricky for Ignatieff to suddenly force an election.

Political observers largely agree that Ignatieff took too hard a line Monday.

REUTERS

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Cargill shipments of Canadian canola meal into the United States face more scrutiny after salmonella was found in a shipment this winter, a U.S. Food and Drug Administration document shows. **REUTERS**

Defending their crown

B.C. homeless soccer team headed to Ontario

JEFF HODSON
Metro Canada



Vancouver's Eastside Sun Eagles, Canada's homeless street soccer champions, are heading to Toronto this weekend to defend their title.

The team, formerly the Vancouver Dream Catchers, won the Street Soccer Canada tournament in Calgary in September, but didn't make the trip to Australia to compete in the 2008 Homeless World Cup.

Leef Evans, 46, who played college soccer in South Carolina, was on the team last year but was sidelined because he ruptured a tendon in his left ankle.

"It was a bit of a bummer," said Evans, who suffers from "rampant bouts of depression," lost his job and found himself homeless five years ago. "Even still, I can't push off from the left ankle all that well. But they still want me. I'll play the left side."

The group of nine players heads for Toronto Thursday, thanks to the largesse of



Members of the Eastside Sun Eagles practice yesterday afternoon at the Carnegie Centre in Vancouver.

another formerly homeless man, Joe Lepur, a local developer, was homeless in France in 1965 after leaving what is now Croatia.

"How do you pay back the

people and the country that has given you so much opportunity," Lepur said.

Lepur spent \$6,000 for uniforms and airfare for the team's nine members.

McMaster offers isotope solution

REACTOR Millions of dollars and government leadership are all that is needed for a research reactor at McMaster University to start cranking out the medical isotope in short supply around the world, MPs were told yesterday.

"We're waiting for the call to put this project into high gear," Chris Heysel, director of nuclear facilities and operations at McMaster University in Hamilton, told a Commons committee studying the troubled reactor at Chalk River, Ont., responsible for a looming shortage of medical isotopes crucial to diagnostic tests.

Second source

• The McMaster reactor is the only Canadian one apart from the 52-year-old National Research Universal reactor at Chalk River capable of producing molybdenum-99.

Heysel said that in less than 18 months, the McMaster reactor, using low-enriched uranium, could begin supplying 20 per cent of the North American demand for the molybdenum-99 isotope produced at Chalk River, which decays into the technetium-99 isotope used in the majority of nuclear medicine procedures.

dures.

The university would need \$30 million in operating costs over five years in addition to the \$22 million in infrastructure funding the federal and Ontario governments announced last month.

Hospitals across the country have been hoarding technetium-99 and using other alternatives when possible since Atomic Energy of Canada Ltd. extended an unexpected shutdown of the Chalk River reactor due to a heavy-water leak. AECL expects the reactor to be out of service for at least three months.

TORSTAR NEWS SERVICE

Pulp and paper aid plan expected today

HELP Canada is expected to lay out plans today to aid the country's pulp and paper industry, which says it has become the unintended victim of a tax windfall enjoyed by U.S. rivals.

Ottawa has been scrambling to come up with a response to the U.S. "black liquor" tax credit, which critics say has been mis-

used by some American pulp mills, allowing them to overproduce at a time when the pulp market is already saturated.

Canada's forestry industry has been hammered by the economic crisis and the collapse of the U.S. housing market, and Ottawa has been under pressure to provide some assistance af-

ter coming to the aid of the auto sector.

Natural Resources Minister Lisa Raitt has scheduled a news conference in Ottawa for today to announce a "new program that will lay the groundwork for a greener, more sustainable future for Canada's pulp and paper industry." **REUTERS**

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Canada's Economic Action Plan: 80% Already Underway

Canada's Economic Action Plan is well underway. That's the message contained in a new Report to Canadians by the Federal Government.

The report shows that 80% of economic stimulus is already being implemented and thousands of initiatives are taking shape across the country. This unprecedented action by the Federal Government is designed to help protect Canadians from the global recession that continues to affect countries around the world.

countries that has been less affected than others by the global crisis. Experts at the International Monetary Fund (IMF) noted, "the financial strains evident elsewhere are markedly less serious in Canada."

These same experts at the IMF have also been positive in their assessment of the Federal Government's Economic

"The federal stimulus package (is) timely, appropriately sized, diversified and well structured..."

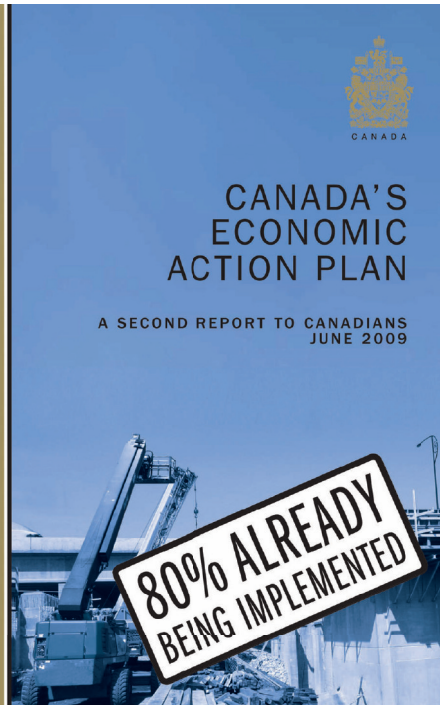
- International Monetary Fund

Top international economic organizations have been clear in citing Canada as one of the

Action Plan, concluding that "the federal stimulus package (is) timely, appropriately sized, struc-

CANADA'S ECONOMIC ACTION PLAN • A SECOND REPORT TO CANADIANS

Canada



tured, with steps to facilitate labor reallocation and protect the vulnerable."

In a nutshell, the Economic Action Plan encourages consumer and business spending by cutting taxes and improving access to financing. It creates jobs and promotes growth by investing in infrastructure. It assists unemployed Canadians by extending employment insurance benefits and funding skills training. And it helps build the economy of tomorrow by improving infrastructure at colleges and universities, while investing in research and technology.

With this Economic Action Plan, the Federal Government has also shown clear account-

ability by creating a government website, www.actionplan.gc.ca, that identifies the Action Plan benefits and programs available to Canadian families and businesses. These include benefits for home owners and home buyers, such as incentives for home renovation and first time home buyers.

Due in no small part to the action taken by the Federal Government, Canada is predicted to be amongst the first to emerge from this economic crisis. The Organisation for Economic Co-operation and Development has in fact predicted that Canada will lead the recovery among G7 nations in 2010.

CANADA'S ECONOMIC ACTION PLAN

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A 74-year-old British amateur gardener who won a 25-million-pound lottery prize said yesterday he would spend part of his winnings hiring an expert to learn how to grow better carrots. Brian Caswell said he had always struggled with the vegetable. **REUTERS**

Money can buy carrot know-how

World



Waitress walks free after killing official

A Chinese waitress who killed a government official when he assaulted her was set free yesterday, ending a case that sparked debate over widespread abuse of power. Deng Yujiao, left, was originally detained on suspicion of murder but was found guilty of the lesser charge of causing injury with intent. Deng stabbed township official Deng Guida to death at a bathhouse on May 10 when he assaulted her after she refused to provide sex. **REUTERS**

Iran won't annul vote

Guardian Council may re-tally; seven killed in protests

Iran's top legislative body yesterday ruled out annulling a disputed presidential poll that has prompted the biggest street protests since the 1979 Islamic revolution, but said it was prepared for a partial recount.

In what appeared to be a first concession by authorities to the protest movement, the 12-man Guardian Council said it was ready to re-tally votes in the poll, in which hardline President Mahmoud Ahmadinejad was declared the runaway winner.

But the powerful Council rejected reformist calls to annul Friday's election, which set off swift-moving political turmoil, riveting attention on the world's

Media ban in Iran

Iran yesterday banned foreign media from leaving their offices to cover protests on the streets of Tehran. The Culture Ministry said journalists could continue to work from their offices but that it was cancelling

press accreditation for all foreign media. The announcement came after three days of streets protests against Iran's election results, during which at least seven people were reported to have been killed.

fifth biggest oil exporter, locked in a nuclear dispute with the West. State television said the "main agents" in post-election unrest had been arrested with explosives and guns. It gave no further details.

U.S. President Barack Obama, who has sought to engage Iran and asked its leadership to "uncle its fist," said he was deeply troubled by the post-election

violence and that protesters who had taken to the streets had inspired the world.

Supporters of Mir Hossein Mousavi, outraged at what they viewed as a stolen election, had planned another big rally yesterday, even though seven people were killed on Monday on the fringes of a vast march through the streets of Tehran. **REUTERS**

Hollywood Condom protest



A young girl holds a sign during a rally in support of the use of condoms in the adult film industry in West Hollywood yesterday. The rally was organized by AIDS Healthcare Foundation in support of a legislation that would mandate the use of protection by adult actors. **REUTERS**

U.S., South Korea stand up to North

U.S. President Barack Obama and South Korean President Lee Myung-bak presented a united front to North Korea yesterday, saying Pyongyang must abandon its nuclear weapons program and will not be rewarded for provoking a crisis.

With Lee at his side in the White House Rose Garden, Obama said a nuclear-armed North Korea would pose a "grave threat" to the world and vowed that new UN sanctions against the communist nation would be strictly enforced.

He promised to end a cycle of allowing North Korea to create a nuclear crisis, then granting concessions in the form of food, fuel and other incentives to get Pyongyang to back down, only to see it renege on its promises. **REUTERS**



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A giant video wall may visually erase buildings blocking the view of Greece's Acropolis Museum and save them from demolition. **METRO NEWS SERVICES**

world 9

Summit snubs West

Iran's president makes first trip abroad since election

The West was excluded from two summits hosted by Russia yesterday.

Leaders of emerging powers discussed reducing reliance on the U.S., as well as boosting security and trade.

And in a snub to the West, leaders welcomed Iranian President Mahmoud Ahmadinejad, making his first foreign trip since his re-election.

Topics on the agenda and the lineup of presidents showed the growing power of emerging nations, including India and China, and their desire to

"The existing currency system is not ideal."

Dmitry Medvedev

forge new influence.

Host President Dmitry Medvedev of Russia hailed the Urals city of Yekaterinburg as "the epicentre of world politics."

The need for major developing world nations to meet in new formats was "obvious," he said.

The so-called BRIC nations of Brazil, Russia, India and China called for re-

form of international financial institutions, plus sweeping changes to the United Nations to give a bigger role to Brazil and India and a "stable and predictable" currency system.

Medvedev said reserve currencies, including the U.S. dollar, had not performed their function and it's time for change.

"We are likely to witness the creation of a supranational reserve currency," Medvedev said.

"The existing currency system is not ideal."

REUTERS

News in brief

TATTOO A Belgian teenager says she fell asleep and emerged from a tattoo parlour with 56 stars over her face, rather than the three she asked for. "I said ... the top, is OK, but not the rest," said Kimberley Vlaeminck, 18, from Kortrijk, near Brussels. She said he fell asleep during the procedure, and woke up in pain when her nose was being tattooed. Police are investigating. **REUTERS**

Clashes in Amazon crisis lead to planned resignation of Peru PM

POLITICS Peru Prime Minister Yehude Simon said yesterday he plans to quit.

Meanwhile, opposition leaders are demanding President Alan Garcia fire him for failing to avert clashes between police and indigenous groups.

Simon said he will stay in his job long enough to

persuade Congress to repeal two controversial laws that tribal groups say would speed destruction of the Amazon.

At least 34 people have died in police raids to break indigenous blockades of roads and rivers.

REUTERS

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Man steals because he misses prison lunches

A jobless Taiwan man released from prison stole a box of cotton swabs just to get arrested again because he "could not forget the police department boxed lunches," officers and local media said yesterday. **REUTERS**

The 'lazy' way to go green

Self-described lazy environmentalist Josh Dorfman has a plan to save the planet that is a little unorthodox — he tells people to stop feeling bad about taking long showers and driving fast cars.

"Environmentalists make people feel bad, and making people feel bad is a terrible marketing strategy," he said, explaining the concept of his new television series

debuting on the Sundance Channel on Tuesday, *The Lazy Environmentalist*. "Prophecies of doom and gloom or trying to appeal to a moral imperative, those tactics appeal to a very small minority that change their behaviour," Dorfman said in an interview.

On the show, Dorfman shows families and business people how they can make their lives easier by making more environmentally

Appeal

• The Lazy Environmentalist host Josh Dorfman says his strategy is to make the environmental choice also the more attractive choice.

friendly choices. In the first episode, he analyzes a California family's trash and shows them how to recycle, compost and shop for products that produce less

waste. The father is at first skeptical, casting doubt on global warming and arguing there is plenty of space in Texas for as many landfills as required.

"The great majority of Americans are not environmentally conscious," Dorfman said, adding that the biggest challenge he finds is the argument that going green will cost more money, especially at a time of recession. **REUTERS**



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Manila Take us to your leaders



Protesters, dressed as aliens, call for climate change solutions as they try to gain entry into dialogue on climate change at the Asian Development Bank headquarters in Manila, Philippines. The talks were devised to bring together policymakers to discuss a way forward for the Asia Pacific region.

Bermudians protest premier's acceptance of Gitmo inmates

RALLY Hundreds of protesters called for Bermudian Premier Ewart Brown to step down on Tuesday and accused him of acting like a dictator in allowing four Guantanamo prisoners from China to settle on the mid-Atlantic island.

Some 600 people gathered outside Parliament in the capital Hamilton, chanting "Brown must go" as they marched to the Cabinet office.

Brown emerged from the building and shouted

to the booing crowd: "As some of you might know, I grew up in the protest era. This is nothing new to me. I have seen them larger and longer," he said.

Under an agreement with Brown, the United States last week sent to the British territory four members of China's Muslim Uighur minority who had been held at the Guantanamo prison camp long after the U.S. military and courts determined they posed no threat. **REUTERS**

News in brief

DISASTERS The world is 'sleepwalking' towards preventable natural disasters whose effects could be cut significantly with a modest increase in spending on risk reduction, the UN aid chief said on Tuesday. Risk re-

duction efforts had improved since the 2004 Indian Ocean tsunami, which killed more than 250,000 people, but much more was needed, John Holmes said. **REUTERS**

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Comment

Ironie emblem of failure

Problems continue to plague iconic Snowbird fleet

TheWestView

Paul Sullivan

metronews.ca/thewestview

The Snowbirds are grounded ... again. You know about the Snowbirds? Those guys who turn up at air shows in their 40-plus-year-old jets expected to perform crowd-pleasing, death-defying manoeuvres?

Except they don't always defy death. At least seven brave pilots have died since the Snowbirds started flying back in 1971, and as the planes get longer in the tooth, the threat of fatal mechanical failure is greater than ever.

And they don't always fly. The fleet of 20 Tutor CT-114 jets has had a perma-

nent maintenance crew assigned to them since 2001, but that hasn't prevented the latest problem with the jet's ejection seat.

So they're grounded and, as I write, may not be ready for the big flypast on Parliament Hill on July 1. Not that you'll notice. The flypast takes about as long as it takes a politician to clear his or her throat.

Ahem. I've got to ask: How long are we going to keep this nonsense up?

The program costs \$10 million a year, which is a spit in the bucket in a country where we seem required to have a \$300-million

election at least as often as a flypast, but the real cost is in human lives.

And what's the point? Why are we making these people take enormous risks in ridiculously outdated technology? It's like having a team of precision gondoliers or acrobatic shepherds, only more dangerous.

Quaint, but deadly.

Maybe if they were flying around in cool, state-of-the-art technology, I could understand, but these guys are in the airborne equivalent of a 1965 Chrysler. And how many vintage Chryslers do you see on the road, never mind in the air?

These things are so obsolete, every year another component becomes impossible to repair. Maintenance crews have started salvaging dials

and tubes from other obsolete Canadian aircraft such as the decommissioned Hercules and sticking them on the Tutors.

Meanwhile, Canadians are busy getting blown up in Absurdistan. Our forces need all the help they can get, but instead they are hobbled with outdated, obsolete aircraft and ground equipment. If anything, the Snowbirds are an ironic emblem of the government's failure to adequately equip the people we insist on putting in harm's way.

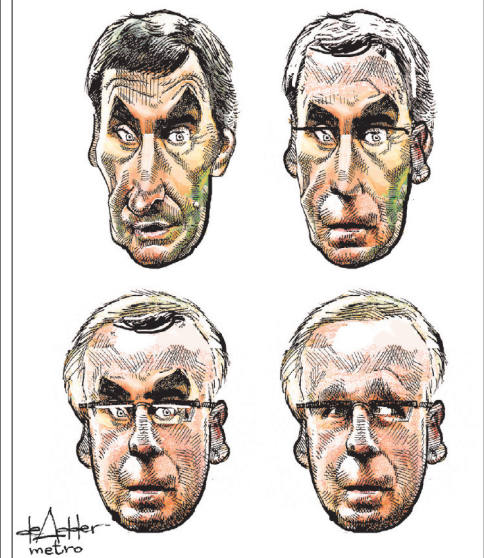
The government is seriously thinking about keeping these guys in the air until 2020, when no amount of chewing gum and binder twine will keep them airborne.

I, for one, hope they stay grounded. But I must be a communist or some other kind of subversive. But I don't mind — it's safer than being a precision gondolier.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vanscovertellers@metronews.ca.



IGNATIEFF THIS WEEK:



MICHAEL DE ADOR

Worth mentioning

Recession woes giving Obama restless nights

U.S. President Barack Obama said yesterday that worrying about the U.S. government's finances "keeps me awake at night" and the country needed to start planning now to tackle soaring deficits.

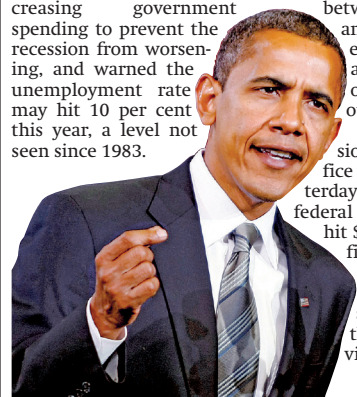
In a pair of interviews on CNBC and Bloomberg television, Obama defended increasing government spending to prevent the recession from worsening, and warned the unemployment rate may hit 10 per cent this year, a level not seen since 1983.

"There's no doubt that we've got a serious problem in terms of our long-term deficits and debt," he told CNBC. "I make no apologies for having acted short term to deal with our recession."

But he said once the recession ends, "we're going to have to close that gap between the amount of money coming in and the amount of money going out."

The Congressional Budget Office estimated yesterday that the U.S. federal deficit would hit \$1.43 trillion in fiscal 2010 under Obama's budget plan, slightly higher than it had previously forecast.

REUTERS



Metro Online Poll Results

26% SAID YES

Are you one of the 14 per cent of Canadians who would welcome a summer election?

74% SAID NO

Weigh in on today's question at metronews.ca

Word on the street: Should mixed martial arts be recognized as a legitimate sport in Canada?

Ione Jayawardena
age 24, Ottawa

A: It's just an excuse for men to act macho, and it's really ridiculous in my own opinion.



Matthew Rizzo
age 20, Ottawa

A: I think it should be ... because it has all the aspects of other sports — conditioning, training, dedication, motivation, competition — and I find it very entertaining.



Antonella Ielo
age 21, Ottawa

A: I wouldn't really consider it a legitimate sport — it's more about performance and entertainment than competition.



Kevin McGillivray
age 43, Edmonton

A: Absolutely yes. It takes a lot of discipline and a lot of hard work for these fighters to be good at so many disciplines. In my opinion it's a lot safer than boxing ...



Gillian Wesley
age 23, Halifax

A: I don't think things like cage fighting should be. I think that with a sport based completely on violence, I wouldn't like to see it as a recognized sport.



Alex Ma
age 26, Calgary

A: Yes. It's a sport just like any other sport. It's a good time just as long as people understand the sport.



Tell us your views by email to ottawaleaders@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

RIM to launch new BlackBerry model

WIRELESS Research In Motion is adding another smartphone to its BlackBerry lineup as it aims to win market share among both executives and mainstream consumers despite tough economic conditions.

Even though the BlackBerry Tour isn't drastically different from many other BlackBerry handsets in appearance, RIM co-chief executive Jim Balsillie said the Tour is a "big step forward."

It is what RIM calls a "world phone," which means it can easily access voice and data services on networks outside the user's home country. This has proven popular with business users in the past.

To appeal to the retail market, the Tour is loaded with multimedia features.

REUTERS

Switzerland Breaking through



A miner holds a statue of St. Barbara, patron saint of miners, at the construction site of the NEAT Gotthard Base Tunnel yesterday. With a length of 57 kilometres crossing the Alps, the world's longest train tunnel should be operational by 2017.

AND WEGMAN/REUTERS

Air Canada seeks loan

Airline asking government for \$200M: Flaherty

Cash-strapped Air Canada has approached the government for a loan, Finance Minister Jim Flaherty said yesterday as the airline works against the clock to stave off possible bankruptcy.

Flaherty said Canada's biggest airline was in discussions with Export Development Canada for a commercial loan. A source close to the talks said the carrier was asking the federal financing agency for about \$200 million, a third of the \$600 million the carrier says it needs in the short term.

"Air Canada has had some discussions with Export Development Canada about possibly borrowing on commercial terms, but those are discussions that are ongoing,"

"Air Canada has had some discussions with Export Development Canada about possibly borrowing on commercial terms."

Jim Flaherty, finance minister

ing," Flaherty told reporters.

His comments come hours after Air Canada announced it had reached tentative agreements with the Air Canada Pilots Association and the Canadian Union of Public Employees on a 21-month moratorium on funding its \$2.9 billion

pension deficit.

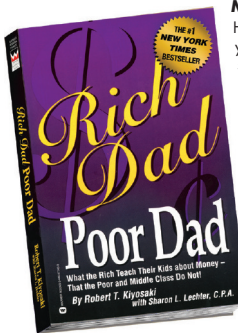
An agreement with the unions on pensions and securing financing are crucial to keeping the debt-laden airline, which has been buffeted by a global slowdown in air travel and stiff competition at home, from filing for bankruptcy for the second time in six years.

The source said any loans to Air Canada would come from EDC's Canada Account, which is for transactions outside EDC's responsibility but deemed to be in the national interest.

The loan would be negotiated on a commercial basis and would not be considered by the government as a bailout. The EDC would administer the loan but the federal government would take on the risk. **REUTERS**

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13

Reno Rebate



Get outside

Here are five easy outdoor projects that also qualify for HRTC savings: paint your garage; install a fence; resurface your driveway; put down fresh sod; and build a deck.

NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA



Fixing your windows can save you money, experts say.

Renos help cut energy bills

TRACEY TONG

tracey.tong@metronews.ca

The green movement has homeowners trying to make their homes more environmentally friendly. At the same time, the recession has them trying to find ways to save on energy costs.

Fortunately, there are a few easy ways they can do this, said Paul Idone, owner of Ottawa's Simply Renovations.

While greening can be cost-prohibitive in older homes, there are simple things all homeowners can do to save on energy costs, said Idone.

The three best things you can do are caulk, change your windows and your doors, and replace the weather stripping, he said.

"Change your windows and doors, and change your insulation," said Idone. "Those are the types of things that people are doing. People can put in insulation to increase the efficiencies of their house."

But the cheapest option is caulk, said Idone. "Make sure all the gaps are sealed to stop the drafts, and every three or four years, redo the caulking."

Also, if windows are more than 20 years old, consider redoing them, he said.

Circulation of air is also important, he said.

"Use ceiling fans in the house to circulate air. And in the wintertime, use an air exchange unit, he said. "Stale air is very difficult to heat — it's harder to heat than fresh air."

Outside the home, replace the weather stripping and doors to reduce drafts, he said. "We're talking about keeping heat in in the winter and cold air in in the summer."

"These are all simple, cost-effective ways to make the home more efficient so the furnace isn't working so hard," he said.

Credit a limited offer

LEYLA EMORY
for Metro Ottawa

The race to renovate is on. With the government's new Home Renovation Tax Credit, 2009 is the year of the renovation.

The HRTC is available to taxpayers who are undertaking renovations on their home, says Cleo Hamel, senior tax analyst at H&R Block Canada. "When we say renovations, we mean things that will actually upgrade the house. We're not talking maintenance like getting the ducts or carpets cleaned. We're talking

building a new deck or fence, or renovating the bathroom or kitchen. It's got to be something major that's going to cost a lot."

But it's a limited time offer. As of Jan. 28, and up to Jan. 31, 2010, any expense over \$1,000 and up to \$10,000 qualifies for a tax credit or savings of up to \$1,350.

"We suggest that people start really thinking about it and quickly. Contractors are now starting to get busy," says Hamel.

Or just forgo the contractor. "The good thing about the credit is it doesn't have to be something that some-

body else comes and does for you," says Hamel. "You can recruit your friends to help build the deck. You can't claim any expense for the labour, but all the materials purchased, including a building permit, count."

So keep your receipts. "Unfortunately the government hasn't really laid out a detailed list saying what counts. What we recommend is that if you do any kind of work you save all your receipts — even if it's just nails."

Keep an eye out for additional savings and benefits at the retail level. The Home Depot's Top Up pro-



Homeowners who are renovating can save up to \$1,350.

gram ran last month allowing customers to receive 10 per cent back in gift cards on HRTC eligible products between \$1,000 and \$10,000. "We want to continue to provide additional opportunities for customers to top up," says Frank Turco, colour, trend and design manager at The Home Depot. "We're defi-

nately looking to reintroduce it in some capacity." Also, starting in July, all HRTC-eligible products will be tracked on the Home Depot Credit Card.

And if relaxing by the lake seems more inviting than putting up a fence, keep in mind that the credit also applies to any personal-use cottage as well.

Bathroom renos can be easy

LEYLA EMORY
for Metro Ottawa

Anyone can renovate a bathroom, says Ren Molnar, host of Home Focus, a home improvement radio show originating from CFRA in Ottawa.

"Unless it's the only bathroom in a house with kids. Then I would strongly recommend hiring someone, or be ready to clean up the mess," he says.

But if you have time, do it yourself, says Molnar. Today's technology makes it simple. "Nowadays we have compression joints. We just tighten nuts and that's all there is to it."

Knowing about plumbing is also "getting to be less and less important," says Molnar.

"You just have to know the basics of toilet plumbing," he says. He estimates only a weekend before the

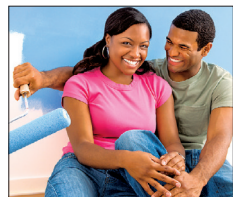
bathroom is back in working order.

Follow a logical order. Get the most intensive things out of the way. "If you're going to be replacing the medicine cabinet with a wall or something of that nature, this is the time to get that in there." From there, it's flooring followed by the vanity and toilet.

If a complete overhaul isn't your thing, go with vanities and/or countertops to get the most bang-for-your-buck, says Molnar. And of course there's the always-restorative quality of paint.

"But if you're going to paint, do it properly," he says. "Scrub it with steel wool and paint thinner, prime it and paint it. Otherwise, no paint is going to adhere due to the condensation and moisture."

Molnar doesn't recommend one place in particular for supplies but he strongly suggests one-stop



Painting is a quick and easy way to update your bathroom.

shopping. "Buy as much as possible at one place. That's when you're going to get a bargain."

Take savings even further with the Home Renovation Tax Credit. As something that provides enduring value to your home, bathroom renovations qualify, says Cleo Hamel, senior tax analyst at H&R Block Canada. "The good thing about the credit is it doesn't have to be something that somebody else comes and does for you ... you can't claim any expense on labour but all the materials purchased count."

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Among consumers who plan to purchase a vehicle in the near future, select entertainment- and connectivity-related features are among the most desired technologies for their consideration, according to a recent J.D. Power and Associates study. METRO NEWS SERVICES

Metro Drive



Students with a Vue

A student team from the University of Victoria placed second in the 2009 the EcoCAR Challenge, Canadian Driver reports. The competition focused on improving fuel efficiency in a 2009 Saturn Vue while retaining the car's performance and appeal. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONWS.CA

Kia dreams big with Forte

Stylish compact replaces Spectra

LORNE DRURY
for Metro Canada



Building compact, economical cars has been Kia's forte over the years and for 2010 the Korean manufacturer has added a new Forte to its sales arsenal.

The 2010 Kia Forte replaces the Spectra in the Kia lineup and brings a touch of styling pizzazz that is gradually evolving for Kia, as it becomes more of a global player in the automotive marketplace.

Kia has an ambitious goal to be the "design choice brand without high product pricing" and the Forte is a great example of the current philosophy.

While not an in-your-face design, it is clean and attractive and a worthy challenger for the class leaders, Honda Civic, Toyota Corolla and Mazda3.

This is an extremely important vehicle for Kia in the most competitive class in the Canadian market. In fact, six of the top 10 cars sold in Canada compete directly with the Forte. And almost 50 per cent of all

2010 Kia Forte

Type: Four-door compact sedan
Price: \$15,695 to \$22,195
Engine: 2.0-litre I-4 engine (156 hp, 144 lb/ft); 2.4-litre I-4 engine (173 hp, 168 lb/ft)

Highlights

- Affordable
- Bluetooth in all models
- Improved, roomy design

cars sold in this country are compact models, with the Civic, Corolla and Mazda3 accounting for about 40 per cent of that total.

Heavy competition indeed, but Kia has high hopes for the Forte, a five-passenger sedan, starting at \$15,695.

Available in three trim levels, the Forte has one of the roomiest interiors in its class. Built on an entirely new platform, the Forte has a longer wheelbase than the outgoing Spectra, which allowed engineers to increase the size of the interior package with room for five adults. The longer wheelbase also improves driving

The 2010 Kia Forte replaces the Spectra in the lineup and brings new styling pizzazz.



dynamics, while wider front and rear tracks increase stability on the road.

Trunk space is also up 17 per cent compared with the Spectra to 415 litres, the largest trunk capacity in its class.

Two brand new engines power the Forte. The LX and EX get a 2.0-litre DOHC in-line four-cylinder, producing 157 hp and 144 lb/ft of torque. The top-of-the-line SX has a 2.4-litre in-line four-cylinder engine, with 174 hp and 169 lb/ft of

torque. Standard on the LX and EX is a five-speed manual transmission or an optional four-speed automatic.

The SX gets a standard six-speed manual or an optional five-speed automatic with Sportmatic sequential manual shift.

Even at the entry level, the Forte is well equipped with six airbags (dual front, dual front side and dual curtain), four-wheel disc brakes, ABS, power windows/locks/heated mirrors,



The Forte comes well equipped, with a host of standard features including Bluetooth technology.

steering wheel-mounted audio controls and a four-speaker AM/FM/CD/MP3 audio system with auxiliary and USB input ports.

Fuel economy is impres-

sive— 8.3L/100 km (34 mpg) city and 5.8L/100 km (49 mpg) highway with the manual transmission and 8.1/5.8L/100 km (35/49 mpg) with the automatic.

BMW reveals 5 series Gran Turismo

BMW has unveiled the 5 Series Gran Turismo, a car which combines an understated coupe-like silhouette to the luxurious interior of a BMW 7 Series, while at the same time giving the functionality of a BMW 5 Series Touring or X5.

The 19th distinct model shape to be offered in the BMW portfolio has a vehicle length nearly on par with a BMW 7 Series to create a greater feeling of space for those inside.

This translates into the second greatest amount of legroom offered by any BMW while headroom is equivalent to that of a BMW X5.

Meanwhile, boot space can be enhanced from 440 litres up to 1,700 litres, only 50 litres behind the capacity of the BMW X5 and the second largest space compared to all current BMWs.



The BMW 5 Series Gran Turismo features new packaging features for a premium car plus the range is powered by an all turbo-charged engine line-up with new eight-speed automatic transmission.

The BMW 5 Series Gran Turismo is available as either a four-seat Executive specification car for a luxurious, spacious feel or in a five-seat SE configuration for a blend of sophistication and practicality.

But its truly innovative feature is a two-piece tailgate which is a first in the premium segment. Now an owner has the option to

choose between two ways of opening the rear of the vehicle depending on the objects needed to be stowed.

The hatch-style opening combined with a flexible partition comes into play should the BMW 5 Series Gran Turismo owner wish to make full use of its load-lugging capacity. The rear seats can be moved 100mm fore

or aft to either increase boot space or provide greater legroom for rear seat passengers.

With the rear seats moved forwards, the seat backs folded virtually flat and the parcel shelf removed and stowed beneath the luggage compartment floor, much bulkier items can then be transported.

FROM CARGUIDE

Ford vs. shopping carts

SAFETY Ford Motor Company has ushered in new, extreme tests — such as ramming shopping carts into car doors and blasting water cannons to force vehicles into skids — to fine tune new safety technologies.

"These novel tests may seem over the top, but they're part of a serious testing regimen that Ford had to invent, because increasingly sophisticated technologies require more advanced testing," said Sue Cischke, group vice-president, Ford sustainability, environment and safety engineering. "We will continue to build on our safety leadership with advanced safety technologies that help enhance crash protection or even help customers avoid accidents."

Ford engineers conduct unusual "crash" tests to take thousands of impact readings that help calibrate the sensitivity of new air

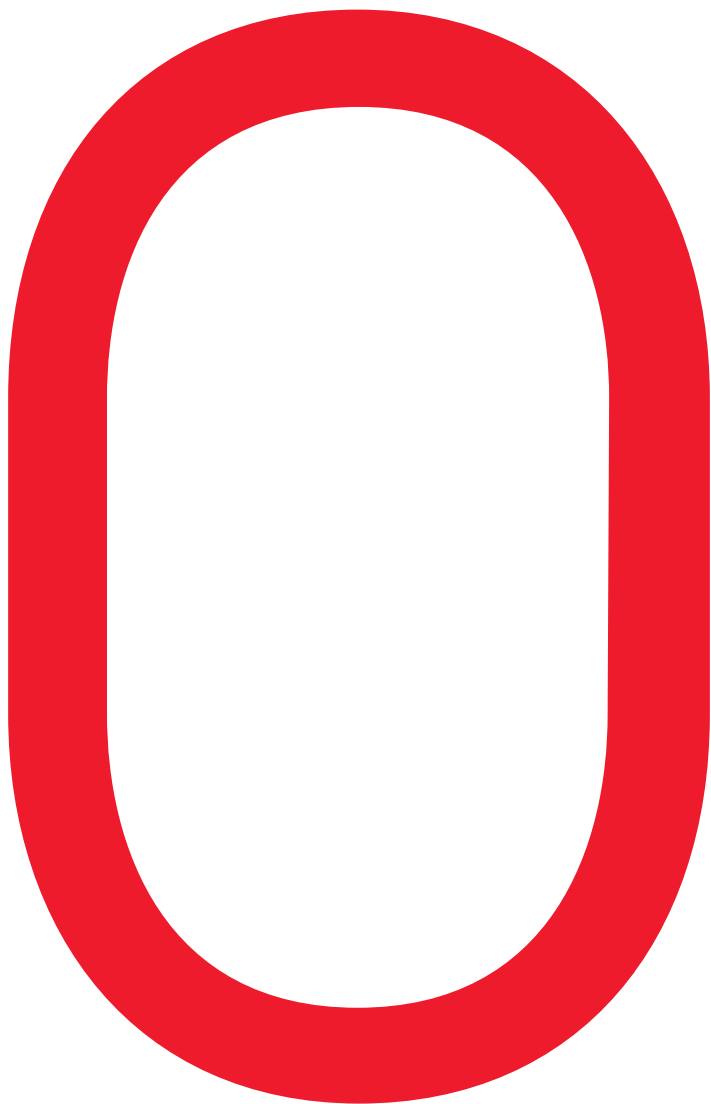


In one of Ford's tests to improve car safety, a lab robot repeatedly pushes a shopping cart loaded with a 110-pound weight into the vehicle doors.

bag pressure sensors being introduced on the new 2009 F-150 and 2010 Taurus.

Engineers, however, were concerned that everyday mishaps — such as shopping cart collisions in parking lots or errant basketballs from children — could trick the new sensors that now help predict crash forces before the full impact occurs. The engineers used reams of data from these unusual tests to calibrate the air bag sensor to disregard typically minor collisions.

FROM CARGUIDE



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Michelle Wie has failed to qualify for the U.S. Women's Open. Wie shot a 74 in the second round of qualifying yesterday, and missed by one shot. It will be the first major Wie has missed this year. Also failing to qualify were Natalie Gulbis and 18-year-old rookie Vicky Hurst. **METRO NEWS SERVICES**

Sports



Stallworth serving time

Cleveland Browns wide receiver Donte' Stallworth, left, began a 30-day jail sentence yesterday for killing a pedestrian while driving drunk in Florida, a punishment made possible by his co-operation and the wish of the victim's family to put the matter behind them. Stallworth also must undergo drug and alcohol testing, will have a lifetime driver's licence suspension and must perform 1,000 hours of community service. **METRO NEWS SERVICE**

EDITOR: CHRIS.CLEMENTS@METRONWS.CA

'A minor delay of game'

Balsillie not throwing in towel after bankruptcy court's Monday ruling

Jim Balsillie isn't giving up hope.

The billionaire, however, chose not to show up for a news conference called on his behalf, letting others do his speaking for him when it comes to his continued pursuit of the Phoenix Coyotes.

"His commitment remains completely unchanged," said Balsillie spokesman Bill Walker, saying his boss was busy with work as co-founder of Research in Motion the day after a judge rejected his \$212.5-million (US) offer to buy and relocate the team.

"The part about the bid being dead is dead wrong."

Richard Rodier

"He's committed to Hamilton, he's committed to Copps Coliseum.

"He just sees this as another day at the office. He's moving forward. He's completely unfazed. 'What's next?' is his question."

What next, indeed.

The Toronto Maple Leafs weren't smoking victory cigars by any stretch after Judge Redfield T. Baum de-

railed — temporarily, at least — Balsillie's bid to put a team in Hamilton. Maple Leaf Sports and Entertainment president Richard Peddie again referred all questions to the NHL.

"We'll see," was all deputy commissioner Bill Daly had to say yesterday.

The NHL will be paying the bills of the Coyotes and, as a secured creditor, will be first in line to get its money back when the team is ultimately sold. The team will go up for auction Sept. 10 and it's the NHL's job to find a buyer to keep the team in Phoenix. If none can be

found, it will be forced to allow the team to relocate. Four groups have expressed an interest, but none so far have a firm offer.

The City of Glendale was happy, issuing a statement that the judge's ruling "establishes that professional hockey is viable in (Glendale)."

And politicians in Hamilton — where a rally in support of the relocation is to be held Friday — suggested it was a "bump in the road."

"(The) court decision was only a minor delay of game in the process to bring a sev-

enth NHL team to Canada," said NDP Leader Andrea Horwath. "It will take a lot more to break the spirits of the millions of hockey fans across this country."

The Balsillie camp remains convinced that time is on its side.

"The part about the bid being dead is dead wrong," said Richard Rodier, Balsillie's right-hand man in the acquisition process.

"You still have a team that is bankrupt and it has to be sold in a process that is going to be administered by Judge Baum."

TORSTAR NEWS SERVICE

Sports in brief

SUSPENSION Major League Baseball suspended Atlanta Braves minor league pitcher Rafael Cruz 50 games for violating the minor league drug prevention and treatment program.

2016 OLYMPICS Financial considerations should not drive the decision on which city hosts the 2016 Olympics, IOC president Jacques Rogge said yesterday on the eve of key presentations by the four candidates.

2020 OLYMPICS Prague will not enter the race to host the 2020 Summer Olympics as planned due to the global economic crisis. The city council of the Czech capital voted 11-0 yesterday to cancel preparations for the bid, said Marketa Reedova, deputy mayor and council member. The decision is expected to be approved by Prague's municipal assembly tomorrow.

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Sosa failed drug test: Report

BASEBALL Sammy Sosa is among the players who tested positive for a performance-enhancing drug in 2003, according to a published report in the New York Times.

Sosa, who last played in the majors in 2007, becomes the latest baseball star to be embroiled in this scandal.

The paper reported that Sosa revealed in a recent Spanish-language interview that he would "calmly wait" for induction into baseball's Hall of Fame, for which he is not eligible until 2013.

The 40-year-old native of the Dominican Republic captured the eyes of the baseball world back in 1998

as he was engaged in a friendly battle with former major-leaguer Mark McGwire in pursuit of Roger Maris' all-time home run record. Both men eventually eclipsed the mark, with Sosa finishing second that season with 66 homers.

Along with an unfavourable appearance in front of Congress, his entrance into the Hall clearly has been damaged by the revelation, a fate which may also befall Sosa, who also testified that he had never taken performance-enhancing drugs while a player.

The 2003 drug tests were the first issued by Major League Baseball.

METRO NEWS SERVICES

Blue Jays Play at the plate



Philadelphia's Jimmy Rollins scores as Toronto catcher Rod Barajas waits for the throw last night in Philadelphia. The Jays ended up winning 8-3 in 10 innings.

Secret deal to lead to CFL rule changes

FOOTBALL The Canadian Football League has announced plans to change its financial rules after it was revealed that British Columbia Lions owner David Braley helped Howard Sokolowski and David Cynamon purchase the Toronto Argonauts out of bankruptcy in 2003.

The Globe and Mail first reported the secret transaction and the league responded with a statement acknowledging the pact. Both ownership groups also provided statements, and all three parties said the league's bylaws were not broken.

METRO NEWS SERVICES

Metro Workology exclusive: Head to Toe

In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

17

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Body, mind and spirit

Head to Toe

BRIAN COULTON
for Metro Canada

For seven years, Chris Dunphy sat behind a desk, giving people financial advice on behalf of RBC. Now, you'd be hard pressed to find him sitting at all.

"I thought I was more a part of the problem as opposed to part of the solution — giving people loans, credit lines, advising on their finances and watching their self-worth rise and fall with the value of their RSPs," he

said on the phone from Port Moody, B.C.

Dunphy, 35, left the security of the institution, trading in dollars for downward dogs. Always athletic, and slowly realizing the limitations of an aging body, he decided to make a 180-degree career change and pursue yoga instruction.

"I found people were wrapped up in the material," he said. "Yoga gets you out of that and says all the rest of this stuff is just frills. If you can't be happy with yourself, no amount of frills is going to make you happy."

He shed excess, refinanced his home and opened Newport Yoga Stu-

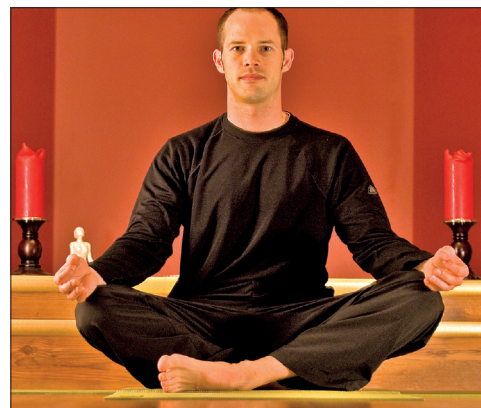
dio in Port Moody in late 2006. Now, his studio offers 15 different kinds of yoga and pilates classes, taught by nine different instructors.

To become a certified teacher, Dunphy took an intensive 200-hour course at the Salt Spring Centre of Yoga on Salt Spring Island, B.C. Standards to become certified vary across regions. But the international body Yoga Alliance outlines educational requirements necessary to be dubbed a registered yoga teacher (RYT) that include technique, teaching, anatomy and philosophy training over a 200- or 500-hour period.

What's Twitter?

According to a new study from Ipsos Reid, 74 per cent of Canadian Internet users are unaware of Twitter. Of those who are aware of the microblogging website, just six per cent reported having used it. At 32 per cent, Twitter awareness was the highest amongst 18- to 34-year-olds and 34 per cent of online Canadians with a university education know about the site.

METRO NEWS SERVICES



Chris Dunphy in the lotus pose at his Port Moody, B.C. studio.

part of yoga grabs you and then from there you really start to investigate the other parts," he said. That's the beauty of yoga — it's got something for everybody."

For more of the Head to Toe exclusive series check Workology frequently or stop by: metronews.ca/work



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Bell messaging just got better

Can lying on your resumé lead to dismissal?

WorkplaceLaw

Daniel Lublin

Metronews.ca/workplacelaw

Too many employees operate under the delusion that minor lies on their resumé will not be uncovered or, if they are, will not matter. They may be mistaken. Studies reveal that resumé falsification is a common event. As many as 50 per cent of all resúmes contain some degree of dis-

ortion — from white lies to outright whoppers.

While it is natural to expect that some form of embellishment on resúmes will occur, there is a big difference between accentuating your strengths and creating new ones altogether. When it comes to full-blown lying on your resumé, the truth is that you can be fired.

When will lying on your resumé leave you looking for new work? Here are four legal points that the courts will consider:

- The false statement must be connected to the knowledge and qualifications the employer had in

mind when recruiting you for the position. If the statement was about something completely unrelated to the position, you might be dishonest, but it may not be severe enough for a judge to consider it cause for dismissal.

- The content of the dishonest statements is important. Some false statements are actually viewed as less serious than others. For example, exaggerating your fluency in French, in most circumstances, won't be cause for termination, assuming that speaking French is not a specific requirement of that job. However, lying about having a

specialized degree would probably be viewed as a serious workplace offence, considering that educational achievements are preferred considerations for most companies, regardless of the position being sought.

- The company must have relied on the statements you've made. In other words, if the company would not likely have hired you but for your dishonest statement, that conduct could justify your termination.

- The company's reliance on your false statement must have been reasonable. If your statement was en-

tirely unbelievable to most people, yet your employer was wilfully blind or simply ignorant of obvious facts, it will have a more difficult time justifying the decision to terminate your employment after the fact.

Not every act of dishonesty justifies termination without notice. Often, context can come before content and a mere error in judgment can be overlooked, especially if there were mitigating circumstances, or an otherwise valid explanation.

Daniel A. Lublin is an employment lawyer focusing on the law of dismissal; dan@toronto-employmentlawyer.com.

Workology in brief

WORKPLACE RELATIONSHIPS

Lean economic times do not appear to have harmed work relationships, a new survey suggests. Eighty-seven per cent of professionals interviewed recently said they have a good rapport with their supervisors and 95 per cent get along well with coworkers. In fact, slightly more respondents today described their relationships with supervisors and peers as "very good" than did participants in a 2005 survey on the same subject.

"In good times and bad, building strong relationships with peers and supervisors is a priority for most professionals," said Max Messmer, chairman of Accountemps.

METRO NEWS SERVICES

Through Sept. 7, Boston's The Fairmont Copley Plaza, in the historic Back Bay, and Fairmont Battery Wharf, on the waterfront, will offer Canadians a South of the Border Special, through which rates will be at par starting at \$199; see fairmont.com. **METRO NEWS SERVICES**

Travel

TRAVELDESK@METRONews.CA



Onboard entertainment

Luxury operator Silversea Cruises will launch a new ship, Silver Spirit, early next year, and to celebrate, the company is lining up celebrity guest speakers and other special events during the 20-country, 45-port inaugural voyage. On the leg beginning Feb. 20, 2010, from Buenos Aires to Santiago, beloved funnyman John Cleese will "share insights and anecdotes from his long career and entertain guests." See silversea.com. **METRO NEWS SERVICES**

5 top tapas bars

Barcelona dishes up its take on tapas menu

The Catalan city of Barcelona is so popular with holidaymakers that it's hard to avoid falling in to the trap of the ubiquitous tourist menu when you go out to eat.

Follow our guide, an exclusive extract from Time Out's new city guide to Barcelona, and you'll always strike lucky when you step out for tapas.

Comerç 24

"Tapas," says Michelin-starred chef Carles Abellán, "are one Spanish thing I really like." He's not talking about the Spain he lives in, he's talking about the other Spain, the Spain that does not include Catalonia.

This passionately felt divide is one of the reasons that tapas bars in Barcelona tend to be oriented to tourism, where they exist at all. They are simply not seen as Catalan enough.

Abellán set about to change all that a few years



Left, a menu and tapas dish at Tapaç24. Right, a chalkboard lists the offerings available at a Barcelona tapas bar.

ago, with his übercool Comerç 24. Often described by international press as an "avant-garde tapas restaurant," in fact it serves platillos, small dishes of which the diner can order several.

These are inspired by Abellán's time in the kitchens of El Bulli, under experimental chef Ferran Adrià, and bear little resemblance to the ham croquettes and patatas bravas to which he refers.

His newer venture, Tapaç 24 redresses the balance; an old-school bar, serving traditional tapas of excellent quality. Among the lentils with chorizo and cod croquettes, however, his fans will also find playful snacks more in keeping with his previous style.

The McFoie Burger is an exercise in fast-food heav-

en, as is the Bikini — a small version of his signature take on the ham and cheese toastie, this one with truffle.

• Comerç 24, C/Diputació 269, Metro Passeig de Gràcia Open 9 a.m.-midnight Mon.-Sat.; carlesabellán.com.

Quimet i Quimet

Packed to the rafters with dusty bottles of wine, this classic but minuscule bar makes up for in tapas what it lacks in space. The specialties are conservas (shellfish preserved in tins), which aren't always to non-Spanish tastes, but montaditos, sculpted tapas served on bread, are spectacular.

Try salmon sashimi with cream cheese, honey and soy, or cod passata and black olive pate. Get there early for any chance of a surface on which to put

your drink.

• Quimet i Quimet, C/Poeta Cabanyes 25, Metro Paral·lel. Open noon-4 p.m., 7-10:30 p.m. Mon.-Fri.; noon-4 p.m. Sat.; closed Aug.

Inopia

Inopia opened by Albert Adrià a couple of years ago, and it's been rammed ever since. As with Tapaç24, the emphasis has been on a revival of old techniques and recipes, using the best ingredients.

Inopia's stark, overlit look and awkwardly L-shaped room, along with a determinedly straightforward approach was initially a disappointment for those expecting El Bulli style culinary fireworks, but has since won over the public with a slavish devotion to finding the best-quality produce and meticulous care in its prepara-



tion.

• Inopia, C/Tamarit 104, Metro Poble Sec. Open 7-11 p.m., Mon.-Fri.; 1-3:30 p.m., 7-11 p.m. Sat.; closed Aug. barinopia.com.

Bar Celta

Bar Celta unapologetically '60s interior is fiercely lit, noisy and not recommended for anyone feeling a bit rough. It is, however, one of the more authentic experiences to be had in the Gòtic. A Galician tapas bar, it specialises in food from the region, such as lacón con grelos (boiled gammon with turnip tops) and good seafood, accompanied by crisp Albariño wine served in traditional white ceramic bowls. A characterful place.

• Bar Celta, C/Mercè 16, Metro Drassanes. Open noon-midnight Tues.-Sun.

Euskal Etxea

This is a Basque cultural centre and the best of the city's many pintxo bars. Help yourself to dainty jamón serrano croissants, chicken tempura with saffron mayonnaise, melted provolone with mango and crispy ham, or a mini-brochette of pork, but hang on to the toothpicks spearing each one: they'll be counted and charged for at the end.

• Euskal Etxea, Placeta Montcada 103, Metro Barcelona or Jaume I. Open bar 7 p.m.-midnight Mon.; noon-5 p.m., 7 p.m.-midnight Tue.-Sat. Restaurant 8:30-11:30 p.m. Mon.; 1:30-4 p.m., 8:30-11:30 p.m. Tue.-Sat.

METRO NEWS SERVICES

The redesigned Barcelona city guide from Time Out is available from all good bookshops and timeout.com.

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An engine deal from Abu Dhabi's Etihad Airways worth more than \$5 billion US could be the biggest news to come from this week's Paris Air Show, where the global recession has frozen sales of planes from Airbus and Boeing Co. REUTERS

Far from the madding crowd

These Greek islands offer a bit of quiet

ZOE KOSKINIDOU
Metro World News



Looking to escape the summer crowds in Greece's most popular island destinations? Zoe Koskinidou, gives us her insider tips on where the celebrities go when they want to find a secret paradise.

Patmos

Why go: The island is dubbed the Jerusalem of the Aegean, because John the Evangelist wrote the Book of Revelations there in 95 AD. But visitors don't need to be religious to enjoy the island: Patmos, combines a laidback pace of life with lively nightlife.

What to see and do: The most important attraction here is the fortress-like monastery of St. John, built in 1088 by monk Christodoulos. Halfway between Chora and Scala, the island's port, there is the

Grotto of the Apocalypse, where the manuscript was written.

Where to stay: Casteli Hotel, casteli.gr, by the beach of the port has rooms for 45-75 euros a night for a double room and Byzance Hotel, byzancehotel.gr, in Scala with room rates from 30 to 100 euros per room per night.

What to buy: Porcelain, crystal and silver items. Patmos is also famous for its elegant embroidery.

Where to eat: George's place at Cambos offers great Greek cuisine and is a great place for celebrity spotting. Try Kima at Aspri for fish dishes and a unique view.

Where to drink: for early drinks try Astivi in the town of Chora. After midnight, Casbah at the port town of Scala is a total must for visitors who really want to have fun, drink and dance all night long.



The entrance to the port of Kastellorizo, which is among the smallest of the Greek islands.

Celebrities on the island: David Bowie has a house in the island, and it's the favourite holiday spot of designer Valentino.

Kastellorizo

Why go: This is one of the smallest Greek islands, located near the island of Rhodes and close to Turkey. Getting there involves a bit of a long journey,

but the beauty of the place is ample reward.

What to see and do: The famous aqua-colored cave of Kastellorizo is a geological phenomena and one of the most amazing formations on earth — the island is worth visiting for this cave alone. It's situated south of the island and the entrance is the height of a small

boat that can just pass through the mouth when the sea is calm at dawn.

Where to stay: Try the quiet rooms of Damien's and Monika's Pension (Tel. 0030 22460 49028).

What to buy: When in Kastellorizo you must buy katoumaria, a local sweet and strava, a sort of fried baklava filled with walnuts and spices.

Where to eat: There are

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Extended battle

Initial signs point to a long, drawn-out legal battle in bankruptcy court for Extended Stay Hotels, the 680-property hotel chain bought in 2007 for \$8 billion US by a firm little known to the industry at the time. **REUTERS**



MICHAEL TOURE/THE IMAGE BANK



STOCK IMAGES

Left, a view of cliffs and the sea on Paxos in the Ionian islands. Right, a terrace on Patmos, another of the Greek islands recommended by our correspondent.

» Continued from page 20

several small taverns on the island. Wherever you go try seafood dishes and chickpea balls.

Where to drink: Although Kastellorizo is a very small island, you can find several bars to enjoy an early drink. Keep in mind that it is a quiet island, best suited for people who want to spend their vacations on the beach and have a great Greek dinner after a swim.

Celebrities on the island: Princess Caroline of

Hanover (and Monaco) picked the remote island to spend her holidays with her family.

Paxos

Why to go: Forget Corfu and Kefalonia — Paxos is the place to be if you want to visit the Ionian islands. Paxos, the baby of that group, is actually a cluster of small islands and rocky islets, the largest of which are Paxos and Antipaxos. The capital of Paxos is Gaios,

a picturesque village build around a port which is protected by two small islands, Agios Nikolaos and Panagitsa.

What to see and do: Visit Antipaxos and go to see the traditional vineyards. Another essential place to visit are the magical caves of Mognonissi.

What to buy: One of the main products of Paxos is olive oil. You can also buy excel-

lent wine from Antipaxos' vineyards.

Where to stay: Villa Kastanida, is a beautifully restored farmhouse with private pool set amongst the olive groves. Or you can stay at Villa Lioniskari, a charming traditional villa situated on a headland at the entrance to Mognonissi Bay, just a short drive south of Gaios

town.

Where to eat: Restaurant Mambo is perhaps the best restaurant in Gaios and a favourite with locals, who pack the outdoors terrace. Try tasting the chicken dishes, grilled squid and meatballs.

Where

to drink: Paxos is an island best suited for the romantic souls of this world — you won't find it full of wild clubs and bars.

Celebrities on the island: Actors Albert Finney and Sannanah York and the Italian Agnelli family, who run Fiat, are among those who have chosen Paxos for their vacations.

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Check out *Is Shakespeare Dead?* at the Arts Court Theatre (2 Daly Ave.) at 8 p.m. on June 28. Tickets are \$10 at the door. For more, go to ottawafringe.com. METRO NEWS SERVICES

Ottawa

Fringe Festival

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Did you know?

The very first North American Fringe Festival was established in Edmonton in 1982. The Ottawa Fringe Festival was founded in 1997.

OTTAWAFRINGS.COM



Associate producer Greer Brabazon celebrates on the final night of last year's Ottawa Fringe Festival.



Audiences and artists gather in the Ottawa Fringe Courtyard for one of many events hosted by Brad MacNeil, left, and Catriona Leger at the 2008 Ottawa Fringe Festival.

'Theatre in Ottawa is growing'

The 13th annual Ottawa Fringe Festival features 57 acts in 13 venues this year

TRACEY TONG
tracey.tong@metronews.ca



The face of the capital's theatre arts community is changing, and nowhere is that reflected more than the Ottawa Fringe Festival.

Starting tomorrow and running until June 28, the 13th annual festival features 57 acts in 13 venues — up from last year.

"Theatre in Ottawa is growing — more works are being created and produced," said show spokeswoman Catriona Leger. "People are celebrating the independent spirit of art

and taking it upon themselves to make their own work, and Fringe is a fantastic avenue for that.

"There's a great push right now towards experimental practices in creating new work," Leger said. "People want to create something on their feet and with actors that share their passion. Theatre is more experimental than people might have seen in the past."

At Fringe, part of what contributes to that is that the festival's lottery entry system, giving every artist an equal chance of being seen.

The result?

"We'll get very different works from people from all different backgrounds," Leger said. "We'll have some very seasoned professionals working in the field for many years, like Mary Ellis, Beverley Wolfe and Kate Hurman — they've been in the Ottawa scene since the '80s, they're well established and here they are taking part in the Fringe Festival."

This year's festival features lots of acclaimed shows, including Adelaide Fringe Festival award winner *Grandpa Sol* and *Grandma Rosie*, a one-

woman show featuring life-sized puppets; *Spiral Dive*, by Edmonton's THE-ATREPUBLIC; and the Accident, the newest show from Australia's Jonno Katz.

On the flipside, Fringe also features recent theatre grads and people who have never acted before in their lives, Leger said.

Sherry MacLeod and her son, Harlan, fall into this category. The duo's production, *Save Point*, debuts this month.

"It's great for showing new work, it's low-stress and low-risk, but you also have the opportunity to

Tips for festival-goers

- In order to purchase tickets, all Fringe festival-goers must first purchase a \$2 Fringe Pin, available at any Fringe venue or at the festival box office at 2 Daly Ave., suite 100. Tickets are \$10 or less per show and are available at each venue before the show. Schedules and venue information are available online at ottawafringe.com.

really shine through word of mouth if it's a great show," Leger said.

For the 12,000 people expected to attend this year, that means good news.

"You might discover the most beautiful gem that you never expected to find, or something that's not to

your taste, but either way, it's a pretty minimal gamble," Leger said. "For \$10 or less, you will have had a theatre experience, and a community experience. You can meet new people or experience something wonderful. That's the spirit of Fringe."

THE SYRINGA TREE By Pamela Gien SEPT. 15 - OCT. 4	THE CHILDREN'S REPUBLIC By Hannah Moscovitch CO-PRODUCTION WITH <i>Space Cinema</i> PRODUCTION PARTNER: <i>TELUS</i> NOV. 3 - 22	BASH'D A GAY RAP OPERA A SPECIAL PRESENTATION Written and performed by Chris Craddock and Nathan Cucko Music by Aaron Macri Directed by Ron Jenkins JAN. 12 - 31	BLOOD CLAAAT ONE GOMAAAN STORY Written and performed by d'bi.young anitafrika MAR. 2 - 21
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Not to be missed

Check out Chaotica at the Arts Court Theatre (2 Daly Ave.) on June 18 at 11 p.m. Tickets are \$10 at the door, or you can get them by calling 613-232-6162. For more, go to ottawafringe.com. **METRO NEWS SERVICES**

ottawa fringe festival **23**

Dweebs an autobiographical piece

TRACEY TONG

tracey.tong@metronews.ca

So far, all of Amy Salloway's work has been autobiographical.

"That must mean I'm obsessed with my life, or I have no idea how to write fiction," joked Salloway.

Fortunately for the award-winning, Boston-born, Minneapolis-based writer and actor — and for audiences at the Ottawa Fringe Festival, which kicks off this week — the life she leads has been interesting so far.

Salloway is thrilled to return to Ottawa Fringe for a fourth consecutive summer with a new collage of stories based on her life. The woman responsible for hit solo comedies *Does this Monologue Make Me Look Fat*, *Circumference*, and *So Kiss Me Already*, Herschel Gertz, this time offers up *Heebs and Dweebs*, a collage of four individual stories with similar themes — "growing up Jewish and dorky."

Salloway, who's been touring her autobiographical pieces to fringe festivals, theatres, colleges, organiza-

Heebs and Dweebs

- **Where:** Studio Leonard-Beaulne
- **When:** June 18, 6:30 p.m.; June 19, 8 p.m.; June 20, 5 p.m.; June 21, 3:30 p.m.; June 22, 9:30 p.m.; June 23, 8 p.m.
- **Tickets:** \$10 at the door or by calling 613-232-6162

tions and events all over the U.S., grew *Heebs and Dweebs* out of one of her works that was well-received in Minneapolis. In one of the four stories, Salloway portrays herself in first grade.

"Everyone in the class was being married to each other, and I couldn't find

anyone to marry me," Salloway told Metro Ottawa. "There was a family in the neighbourhood and they were Roman Catholic and had six children, and one of them was my age. I decided to try to get Brian to marry me, but he said I had to convert."

Even if audience mem-

bers aren't Jewish, they'll be able to relate, she said.

The issues she explores — image, insecurities, self-worth, the search for self-acceptance, family dysfunction and loneliness — are issues that have come up in her own life, she said.

"I hope there is something in this that resonates in someone else's life," she said. "I don't expect them to say, 'I remember that time I was chubby and Jewish,' but I hope that they can relate."

"I love looking like a big dork on stage," said Salloway. "It really is very cathartic. If I can write sto-



Amy Salloway.

ries about when I've been my most embarrassing, all the dorkiness was useful for something — because I've made someone laugh and created empathy. Maybe it will find a new home in art."

Tomorrow's show highlights

• Une nuit arabe

Where: BYOV 3-Studio 311, 135 Séraphin-Marion
When: 6:30 p.m.
Tickets: \$10

• The Tribulations of a Failed Vigilante

Where: BYOV 2- SAW Gallery, 67 Nicholas Ave.
When: 7 p.m.
Tickets: \$5; 2 for 1 opening night

• Duel

Where: Alumni Auditorium, 85 University
When: 7:30 p.m.
Tickets: \$9; 2 for 1 opening night

• Pitch Blond

Where: Academic Hall, 133 Séraphin-Marion
When: 8 p.m.
Tickets: \$10; 2 for 1 opening night

• ...Comes Around (What Goes Around...Redux)

Where: Studio Leonard Beaulne, 135 Séraphin-Marion
When: 8 p.m.
Tickets: \$10; 2 for 1 opening night

• pornStar

Where: Arts Court Library, 2 Daly Ave.
When: 8 p.m.
Tickets: \$10; 2 for 1 opening night

• The Women Come And Go...

Where: Arts Court Library, 2 Daly Ave.
When: 8 p.m.
Tickets: \$10; 2 for 1 opening night

• HOUSE

Where: BYOV 2- SAW Gallery, 67 Nicholas Ave.
When: 8:30 p.m.
Tickets: \$10; 2 for 1 opening night

• Wild Abandon

Where: BYOV 2- SAW Gallery, 67 Nicholas Ave.
When: 10 p.m.
Tickets: \$10

• Good People

Where: BYOV 3-Studio 311, 135 Séraphin-Marion
When: 8:30 p.m.
Tickets: \$10; 2 for 1 opening night

• Welcome to the Moon and Other Shorts

Where: Academic Hall, 133 Séraphin-Marion
When: 9:30 p.m.
Tickets: \$10

• No Exit Upstage

Where: Studio Leonard Beaulne, 135 Séraphin-Marion
When: 9:30 p.m.
Tickets: \$10; 2 for 1 opening night

• A History of Hair

Where: Arts Court Library, 2 Daly Ave.
When: 9:30 p.m.
Tickets: \$10; 2 for 1 opening night

• Is Shakespeare Dead?

Where: Arts Court Theatre, 2 Daly Ave.
When: 9:30 p.m.
Tickets: \$10; 2 for 1 opening night

• Antique Bliss

Where: Alumni Auditorium, 85 University
When: 11 p.m.
Tickets: \$10

• Enter, Screaming

Where: Academic Hall, 133 Séraphin-Marion
When: 11 p.m.
Tickets: \$10; 2 for 1 opening night

• Back To Front

Where: Studio Leonard Beaulne, 135 Séraphin-Marion
When: 11 p.m.
Tickets: \$10; 2 for 1 opening night

• Waiting for André

Where: Arts Court Library, 2 Daly Ave.
When: 11 p.m.
Tickets: \$10

• For more, go to ottawafringe.com

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Friday's highlights

• Fish Face

Where: Academic Hall, 133 Séraphin-Marion
When: 6 p.m.
Tickets: \$10

• Inclement Weather

Where: BYOV 4-Cafe Alt, 60 Université Pvt.
When: 7 p.m.
Tickets: \$10

• Pirate Jenny's Circus

Where: Alumni Auditorium, 85 University
When: 7:30 p.m.
Tickets: \$10

• Jesus Rant

Where: Arts Court Library, 2 Daly Ave.
When: 8 p.m.
Tickets: \$9

• We Never Clothed

Where: Arts Court Theatre, 2 Daly Ave.
When: 9:30 p.m.
Tickets: \$10

• Ten Years

Where: Arts Court Library, 2 Daly Ave.
When: 11 p.m.
Tickets: \$10

• For complete listings, go to ottawafringe.com

'We always look up to someone'

TRACEY TONG
tracy.tong@metronews.ca

No matter who you are, and even if you don't realize it, there's a bit of a hero inside every one of us.

"That idea appeals to a lot of people," said Ottawa actor and writer Kelly Rigole. "And these stories happen right here in Ottawa."

Rigole and Simon Bradshaw will be, as Rigole puts it, "holding up a mirror against society" when they present *This is a Recording* at the Ottawa Fringe Festival, which kicks off this week.

The verbatim theatre piece — a form of documen-

"What this is, is a journey of the everyday person in Ottawa, juxtaposed against the iconic or the superhero."

Kelly Rigole

tary theatre where the piece is constructed from the precise words spoken by people interviewed about a particular event — showcases the heroic stories of everyday people.

"What this is, is a journey of the everyday person in Ottawa, juxtaposed against the iconic or the superhero," said Rigole.

Rigole didn't start out in theatre — she was an environmentalist for a private corporation who did acting on the side with Ottawa Little Theatre and Third Wall Theatre, Eddie May Murder Mystery Theatre and Haunted Walks.

When she started getting paid, she thought, "I could do this for a living."

She went to theatre school at Concordia University, graduating in May 2007 and returning to Ottawa.

Work on the show started early this year, with recorded audio interviews

of friends, neighbours, acquaintances and strangers.

"We asked who their heroes were when they were kids, and everyone ended up talking about themselves in some way," she said. "There were memories that hadn't been evoked in a long time."

According to Rigole, we all have a hero.

Some are more realistic than others, she said.

"Some are more comic book-type heroes, and others are music teachers or fathers, but we always look up to someone. That's how we decide how we live our lives."

"People are faced with choices everyday," she said. "They can choose to do heroic things, or choose not to. Even failures can be heroic in their own way."

The result — 25 hours of recording, which they filtered down into a one-hour show.

"We wanted to see a story



Kelly Rigole and Simon Bradshaw from *This is a Recording*.

so that when someone watches show, they will identify with at least one of these stories," said Rigole. "We have reluctant heroes, people who make the

wrong choices have to recover, and people who think that there is nothing heroic about them, who end up being the biggest heroes."

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Photo of Debbie Timuss by David Cooper
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Carnie Wilson has added to her brood. The singer and game show host gave birth to a healthy baby girl on Friday at Cedars-Sinai Medical Center in Los Angeles, her manager Mickey Shapiro confirms. **PEOPLE.COM**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA



Wanted sign

Angelina Jolie is set to star in **Wanted 2**. Work is currently under way on the sequel, and while her character died in the first movie, the director hopes to bring her back.

FEMALEFIRST.CO.UK

The dark side of instant TV fame

Television talent show contestants fantasize about fame and fortune but for some people, an appearance on one of the shows only leads to real problems of stress, anxiety, depression, even suicide.

But who is to blame when an everyday person becomes an overnight TV sensation and can't cope — when Susan Boyle falls ill after failing to win Britain's Got Talent or when American Idol fan Paula Goodspeed, who was teased after a poor tryout, commits suicide outside the home of a judge?

Boyle was again making headlines on Monday when she was forced to cancel a performance over health concerns while on tour with other Britain's Got Talent performers.

TV producers and industry watchers vary in opinion, but they all say networks who air the shows, companies that make them and contestants themselves should share some responsibility.

Emotional stress can depend on "baggage (people) bring into a show," said John Lucas, an assistant clinical professor of psychiatry at Weill Cornell Medical School.

Some contestants may already be vulnerable to depression or expect a show "will change others' perceptions of them or ... their ability to contend with their ordinary day-to-day existence," Lucas said.

Networks ask producers to screen potential contestants for mental health issues, said David Broome, executive producer for The Biggest Loser, on which contestants lose weight. It enters its eighth season on U.S. network NBC this coming fall. The types of screenings vary, but people who live isolated in small groups for weeks, as in hit shows Survivor or Big Brother, go through more rigorous tests than contestants on talent shows such as Idol or Britain's Got Talent.

Pre-show screenings tests for red flags like clinical depression, tendency toward anger and if someone has been abused physically in their past.

Biggest Loser contestants undergo in-depth psychological and medical tests, and producers expect some mental health issues to arise because "almost 100 per cent of the time, weight is an emotional issue," Broome said.

REUTERS



Golden Girl says 'yes'

The Proposal's Betty White keeping busy at age 87

NED EHRBAR
Metro World News

Before we even get started with our interview, Betty White wants to make one thing clear: She loves Canadians. Absolutely adores them. "I wish Americans could take manners lessons from them. They are so nice," she gushes. "We get some rather rude, hurried people here sometimes."

Best known for her iconic roles on The Golden Girls and The Mary Tyler Moore Show, 87-year-old White is still quite active professionally, making regular guest appearances on The Late Late Show with Craig Ferguson and Boston Legal, and game shows like Million Dollar Password.

She's also been popping up in scene-stealing roles in films like the upcoming The Proposal, with Sandra Bullock and Ryan Reynolds.

With another project co-starring Sigourney Weaver and Jamie Lee Curtis about to start, the word "retirement" doesn't even register for White — though she has earned the luxury of being picky.

"They send me scripts, and some of them are not what you might call wonderful," she confides.

To most, though, White will always be Rose Nylund, the naive Minnesota native sharing a house with three friends in The Golden Girls. The recent



The word "retirement" doesn't even register for veteran actress Betty White, left, who can be seen next in the upcoming comedy *The Proposal* with Sandra Bullock.

passing of co-stars Estelle Getty and Bea Arthur has only bolstered the show's popularity.

And the outpouring of support after Arthur lost her battle to cancer earlier this year offered some comfort to the grieving White. "She meant so much to so many people. It was heartening to see how much they rallied."

Saying goodbye, especially so soon after Getty passed away, was tough but necessary. "We had to

let her go. She was so sick," White says. "She was in terrible trouble, pain-wise. And the morphine couldn't reach it."

But she was someone special.

White says she's been keeping in touch even more these days with Rue McClanahan, the other surviving Golden Girl.

"We've been clinging to each other ever since losing Estelle and losing Bea. We want to be together," White says. "You can't work that closely and not get terribly involved per-

Movie feature

sonally."

Another comfort has been the continuing popularity of the series, which still confounds White to some degree.

"When the DVD came out, I thought who's going to watch it? We're on four times a day. They know the lines better than we ever did," White jokes. "But sure enough, the DVD keeps selling all over the world. I hear from Finland, Bangladesh, Sri Lanka. Will you explain to me what people see in old broads in Sri Lanka?"

Probably the same thing they do in Canada.

The Proposal hits theatres this Friday

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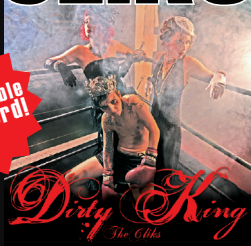
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A&E kills The Beast

A&E has cancelled Patrick Swayze's FBI drama *The Beast*. "(The series) has truly been a labour of love for everyone," A&E president Bob DeBitetto said, adding that "after careful deliberation," a second season was denied. **TVGUIDE.COM**



Letterman says sorry

Apology accepted, Palin says in response

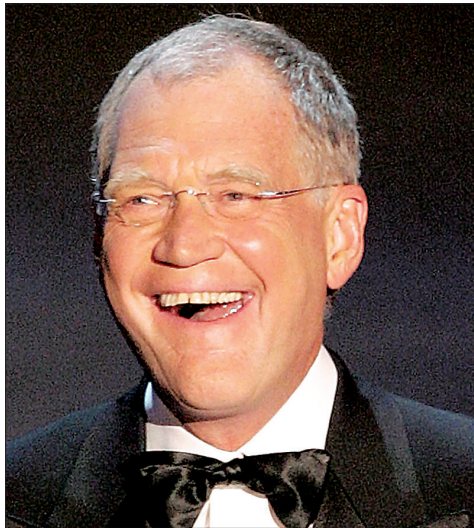
Alaska Gov. Sarah Palin has accepted late-night TV host David Letterman's apology over a sexually charged joke about her teenage daughter.

"Of course it's accepted on behalf of young women, like my daughters, who hope men who 'joke' about public displays of sexual exploitation of girls will soon evolve," Palin said in a statement late last night.

"Letterman certainly has the right to 'joke' about whatever he wants to, and thankfully we have the right to express our reaction," she said.

On the occasion of a Palin trip to New York, Letterman joked on June 8 that New York Yankees slugger Alex Rodriguez had "knocked up" Palin's daughter during a family trip to a baseball game. The comedian apologized for the joke on his show broadcast on Monday.

Letterman has said the joke's intended target was Palin's daughter Bristol, an 18-year-old unwed mother,



David Letterman, seen here in this file photo, apologized on his show for joking about baseball player Alex Rodriguez "knocking up" Alaska Gov. Sarah Palin's daughter on Monday night. Palin accepted his apology "on behalf of all young women."

but Palin and others have said it was aimed at her younger daughter, 14-year-old Willow, who was at the baseball game in New York.

In his apology, Letterman said the joke was "beyond flawed" and apologized to Palin and both her daughters.

REUTERS

Analog TV viewers left behind don't even notice

TELEVISION Judging from the early ratings data, not many of the millions of households left behind in the switch to digital TV are watching in the first place.

Though unprepared viewers scrambled to update their equipment after

some 900 stations shut down their analog signals Friday, the percentage of households using TV from Friday to Sunday was steady. According to Nielsen Media Research, numbers remained steady at about 52 per cent for the

past four weekends.

Two broadcast analysts said it's what you'd expect in the summer — and after a weekend of heavy sports coverage — and doesn't demonstrate that the digital transition is having a negative impact. **REUTERS**

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In brief

CASTING Leonardo DiCaprio is attached to star in a film set in the world of online poker. The untitled Paramount project, written by Brian Koppelman and David Levien, will cover similar ground to their debut script for *Rounders*, which starred Edward Norton and Matt Damon as high-stakes underground poker players.

NEW ROLE Natalie Portman has agreed to play the lead in Darren Aronofsky's *Black Swan*, a supernatural thriller set in the world of New York City ballet. A veteran ballerina is locked in a competitive situation with a rival dancer — but it's unclear whether the rival is a supernatural apparition or if the protagonist is deluded.

PREMIERES For the first time in years, Fox will launch a fall lineup in mid to late September along most of its rivals, as the network expects fewer baseball pre-emptions next season in October, among other reasons. So You Think You Can Dance and *Glee* are among the weeknight offerings to begin Sept. 16. **REUTERS**

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/17/09	265	353	2	TVO	Martin Clunes: Man and Dogs	The Agenda With Steve Paikin	New Tricks	Human Edge Gay and lesbian Jews. (N)				
	211	331	3	ETV	ET Canada	Wipeout (HDTV) (N)	In Plain Sight (N)	(10:01) The Unusuals		News (N)		
	-	-	5	SRC	Des squelettes	La Petite Séduction (SC)	Bons baisers de France (SC)	Le Téléjournal et Les Nou		TJ Ontario		
	209	342	6	CHRO	The Road to Avonlea	Old Christine	Gary Unmarr	Law & Order		Law & Order (HDTV)		
	196	311	7	CTV	Hollywood	So You Think You Can Dance Top 18 dancers perform.		CSI: NY "Dead Inside"		News (N)		
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Dragon's Den	Sneaker Confidential		CBC News: The National		
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	I'm a Celebrity, Get Me Out.	Law & Order "Take-Out"		Law & Order (HDTV)		
	117	713	10	TVA	Poules-oeufs or	Histoires-filles	Les Anges de la rénovation	Nos étés (SC)		TVA 22 heures	Sûr-salé	Abandon (SC)
	-	-	11	QS	La Guerre des		Entourage	Bob Gratton	Californication	(10:03) Un tueur si proche	Call TV	
	137	763	12	TFO	Panorama été	Tshinanu	Carnets d'expédition	Né en Absurdistan (2000, Com. dramatique)	Karl Markovics	Les Fabricants		
	-	362	13	CBS	Dr. Phil (HDTV)		Old Christine	Gary Unmarr	Criminal Minds (HDTV)	CSI: NY "Dead Inside"	TwoHalf Men	
	216	395	14	OMN2	Raymond	According-Jim	News (N)	News (N)		TwoHalf Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Goode Family	Surviving Sub.	Japanese Game Show	(10:01) Murdoch Mysteries	News (N)	
	115	343	16	CFMT	2Half Men	The Simpsons	News (N)	Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	ET	The Insider (N)	El News	Psych "Daredevil" (N)	D. Richards	Kendra	Kardashians	Candy Girls (N)	News (N)
	-	361	20	ABC	News (N)	Entertainment	Wipeout (HDTV) (N)	Japanese Game Show		(10:01) The Unusuals	News (N)	
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique		Revue	Période-quest.	
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show	100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	So You Think You Can Dance Top 18 dancers perform.			News (N)		News
	-	-	64	PBS	Business Rpt.	From the Top	Great Performances "Chess in Concert" (N)				Carnegie Hall	Charlie Rose
	205	312	104	CTV	Hollywood	etalk	So You Think You Can Dance Top 18 dancers perform.			CSI: NY "Dead Inside"	News (N)	
	500	500	32	CNN	Lou Dobbs Tonight		The Hour	CBC News: The National		Royal Riders		National
	406	417	27	net	MLB Baseball Florida Marlins at Boston Red Sox. (HDTV) From Fenway Park in Boston. (Live)	Campbell Brown (N)	Larry King Live (N)			Anderson Cooper 360 (HDTV)	Sportsnet Con.	Sportsnet Con.
	128	730	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)			RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	Billiards: 2008-Trick Shots	World Poker Tour				SportsCentre (HDTV) (Live)		Hockey Talk
	400	410	52	SCR	RaceNight					Score Tonight		
	411	457	56	OLN	Bounty Hunter	Bounty Hunter	Departures "Canada"	Survivorman		Bounty Hunter	Bounty Hunter	Departures
	417	406	59	SC	Pimp My Ride	Pass Time	Amer. Thunder	Pinks Outtakes		Wrecked	Wrecked	Pimp My Ride
	554	544	48	TEL	Jimmy Two	Total Drama	6TEEN	Futurama	American Dad	Robot Chicken	Father of Pride	Moral Ore
	557	540	51	FAM	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	In Real Life		Malcolm-Mid.	Futurama	Survive This	Falcon Beach	"Tidal"	Mystery Hnt.
	570	580	29	MM	I'm a Celebrity, Get Me Out.		I'm a Celebrity, Get Me Out.	The Daily Fix		Entourage	I'm a Celebrity, Get Me Out.	
	515	520	31	A&E	CSI: Miami (HDTV)		Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter	Tattoo High.	Tattoo High.	Hammerite
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.	Deadliest Warrior (HDTV)		The Ultimate Fighter (N)	Ult. Fighter	
	521	560	34	TLC	My Shocking Story		World's Tallest Children	Mystery Diagnosis		My First Home	My First Home	Children
	145	761	35	TVS	Montre-moi	Mixeur	Une affaire privée *** (2002, Drame policier)			Peur	Voyageur	Journal TV5
	616	521	39	SHO	Outer Limits		The Guard (HDTV)	The Party Never Stops (2007, Drama)		Sara Paxton.		House
	620	523	40	BVO	The Achievers	BravoVideos	Arts & Minds	O'Reagan File	Wingfield	Death at-Opera	Broadway	Law & Order
	520	505	42	DIS	Daily Planet (N)		Treasure Coast (N)	Deadliest Catch		Mayday "Cruel Skies"		Daily Planet
	575	583	43	CMT	Hottest Men of Country		Greatest Videos of All Time			CMT Music Awards 2009		
	601	562	45	SLC	Skin Deep	Til Debt-Part	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	ET Canada
	625	548	46	COM	Air Force	Just for Laughs	Corner Gas	The Simpsons	South Park	Jon Dore Show	Tosh.0	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	We Were Soldiers *** (2002, War)	Mei Gibson, Madeleine Stowe.		Seinfeld	Family Guy	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	Big City Broker	The Stagers	Unsellable	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis	(DVS)	Star Trek: Voyager		Primeval (N)	Stormworld (N)	Grand Star	Stargate SG-1
	581	566	53	MTV	Teen Cries	After	MTV News	Room Raiders	Fantasy Fact.	Nitro Circus	True Life Pornography.	MTV Live
	518	524	54	TROP	The Crow: Stairway to Heaven		What Happen?	What Happen?	Seinfeld	Family Guy	Seinfeld	Seinfeld
	522	505	55	HIS	NCIS "Frame-Up"		Cities of the Underworld	Ice Road Truckers		NCIS "Frame-Up"		Sea Hunters
	129	773	60	CD	Beshtioles à l'attaque! Doc.		Légendes urbaines (HDTV)	Le Dernier combattant (HDTV)		Histoires de crimes		C'est incroy
	261	394	61	V	Murder, She Wrote		Keeping Up	Foot in Grave	Doc Martin	Driven, Vision	Supernatural	Pottergeist
	602	567	62	W	How Clean	Friends	Grocery	Grocery	Love It or List It	Save Us-House	Mixed Out	Mixed Out
	269	350	70	TPN	Canadian Geographic		Sounds Like Motown		Tears	Miyawaywin	Find. Our Talk	Wings-Canada
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	Canada's Next Top Model	Tonight Show-Conan O'Brien	TMZ	TMZ
	603	561	95	FN	Chef at Home	Fresh-Anna	Restaurant Makeover		Iron Chef America	Dear Food Network Bahamas.		Opening Soon

critics'corner

In Plain Sight
One of Mary's (Mary McCormack) witnesses, a man named Lewis (guest star Matt Davis), is trapped in a building collapse. As Mary stays with him to await rescue, it becomes clear that his injuries aren't the only thing putting his life in danger; there's a sniper on a nearby roof and a reporter outside ready to blow his cover. Fred Weller and Paul Ben-Victor also star in the new episode "Rubble With a Cause." 9 PM on 3 GTV



Gary Unmarried
Hoping to prove to daughter Louise (Kathryn Newton) that he isn't a shallow jerk who only dates beauties, Gary (Jay Mohr) makes a date with her favorite teacher, who's less attractive than the women he usually goes out with. There's just one problem: He already asked out another, smoking-hot teacher as well. Paula Marshall and Ryan Malgarini also star in "Gary Dates Louise's Teacher." 8:30 PM on 13 CBS 6 SHRO

A role fit for a king

Anthony Head plays ruler, father to Prince Arthur in spin on classic

NED EHRBAR
Metro World News



Best known as stuffy mentor Rupert Giles on Buffy the Vampire Slayer, Anthony Head is returning to TV screens in Merlin, a BBC import that puts a new spin on a classic British tale.

Head takes on the role of Uther, ruthless king and father of the impetuous Prince Arthur. Between the crown and tunic and the bloodthirsty brutishness, it's about as far from Buffy's cultured occult expert Giles as you could get. And that's just how Head likes it.

"I'm lucky to be in an industry that I can do anything," he says, easing back in his chair in the dining room of a Pasadena, Calif., hotel.

"I've worked quite hard at not being pigeonholed, not being limited by a role that I've done. I've turned down an awful lot of Giles-similar roles. Like professors and librarians, an awful lot of that."

In the meantime, he's popped up in a number of British TV series, going for laughs in Little Britain and My Family, and devouring children on Doctor Who. He was even rumoured to be one of the top choices to play the new Doctor on

the long-running series, something he shrugs off.

"There have always been bets that I might be the new Doctor," he says.

Head prefers audiences get a chance to see his range. "I've done quite a few different things," he explains. To that end, he's glad that Merlin is making

the jump across the pond. But he confides that the series — a kind of Smallville version of the King Arthur legend focusing on young Arthur and the wizard as teenage pals — almost didn't make it because producers couldn't find one key element.

"They nearly can-

celled it because they couldn't find Camelot," he says. "They combed Europe, but they couldn't find anything that ticked all the boxes."

But producers discovered Chateau de Pierrefonds in northern France just in time. Restored by

Napoleon III in the 1850s, the castle has held up better than its medieval predecessors.

"It's almost new," Head jokes. "Though it's got a few bits chipped out of it from where the Germans shot at it in the Second World War."

"It's absolutely beautiful. You've got this incredible depth that you could not create on a set." And Head admits that the setting does make his job a lot easier.

"I walked in and

went, 'Oh my god, I'm king.' I don't have to do any work, because this does it," he remembers. "This makes me king. All you have to do is turn up and be present."

Nice work if you can get it.



Best known as stuffy mentor Rupert Giles on Buffy the Vampire Slayer, Anthony Head is returning to TV screens in Merlin.

Merlin airs this Sunday on CTV.

Nanny backtracks on Beckhams

COURTS David Beckham and his wife Victoria received an apology from a former nanny at London's High Court yesterday over her disclosures of confidential information about the celebrity couple.

The case resulted from allegations made by Abbie Gibson about the private lives of the England player and his former Spice Girl wife after she had resigned from her job.

Her claims were printed in a newspaper article in April 2005, captioned "Beckhams behind closed doors."

Yesterday the couple's lawyer Gerrard Tyrrell told the High Court Gibson had now agreed to "permanent undertakings of confidentiality," the Press Association reported.

She had "unconditionally apologized to David and Victoria Beckham and their family for breaching her duties of confidence"



David and Victoria Beckham have received a public apology.

and had also withdrawn a claim for constructive dismissal, he said.

"Between May 2003 and March 2005, Ms Gibson was employed as the nanny to David and Victoria Beckham's children," Tyrrell told the court.

"After she resigned from their employment, she gave an interview to the News of the World. In this interview she disclosed private and confidential infor-

mation about the Beckhams and their family."

The judge was also told that in July 2005, The People newspaper published an article headlined "Beckham's Hate Calls To Nanny," which falsely stated that David Beckham had made insulting and threatening telephone calls to Gibson. The paper later publicly apologized and paid libel damages to Beckham.

REUTERS

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Whatever Works

a new comedy

IN THEATRES JUNE 26

Leggy model still couldn't keep in step

Tara Didon accused of 'holding back'

RAFAEL BRUSILOV
for Metro Canada



A penchant for holding back kept Tara Didon, 19, from moving forward as she was eliminated from Canada's Next Top Model last night.

The tall, lean model from Chateauguay, Quebec had been frequently told by judges she had the best body of all the girls in the competition but was lack-

ing something in her pictures.

Last night's episode saw the final seven models deal with stage-fright and pronunciation issues as they tried to do a television ad, with real-life super-model Irina Lazareanu looking on for moral support. The girls were given burlap bags to wear and told to "sell it" as they tried to read a script about the history of fashion.

Confused faces and butchered designer names abounded (one contestant actually referred to iconic label Chanel as "channel") but Heather managed to project some personality to win the challenge.

For this week's photo shoot, the girls had to model with a piece of duct tape covering their mouths, showing off

that they could use their eyes to speak for them instead. Ever-imploding Rebecca had a meltdown as she thought the other girls were mocking her at her shoot while Tara yet again failed to impress judges with her photo, prompting show host Jay Manuel to call her a "woman holding back," a comment Tara had seen levelled at her by judges in

previous weeks as well.

The judges eliminated her and she became the fifth person to leave the show this season.

Didon says she had an amazing experience on the show and wholeheartedly agrees with the judges' assessment, though she does feel she could have eventually been more successful on the show.

"Definitely I did hold back during the competition. I don't really know why — I know I could have done better," Didon said.

While she doesn't think she's a particularly shy person, she admits to feeling inexperienced at modelling compared to some of the other girls in the compe-

tition.

"For me, I felt like I needed to work harder than some of the other girls to get a great picture," she said.

Now that she's off the show, Didon is taking a slew of math courses to pursue a degree in finance. While she hopes to continue to model, she will always put her family life first.

"Whatever comes my way, I'm going to take it but modelling has never been my priority in life," Didon said.



Tara Didon, 19, was voted off Canada's Next Top Model.

JOHN VAN DER SCHIEDEN

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MAPLE
PICTURES

Aerosmith guitarist on the mend

HEALTH Aerosmith guitarist Brad Whitford hopes to re-join his bandmates early next month after a head injury prevented him from playing on their newly launched tour, fellow guitarist Joe Perry said on Sunday.

Whitford, 57, is recovering from surgery for internal bleeding after he apparently banged his head while getting out of his Ferrari about a week before the tour began last Wednesday in St. Louis.

"It built up pressure and gave him this whoopin' headache," Perry told Reuters. "He's not prone to getting migraines, so knew

something was wrong. He went right in, they did what they had to do, and now he's getting better."

The target date for Whitford's return is July 7, when the band is scheduled to play a show in Raleigh, North Carolina, Perry said. Subbing for him is Bobby Schneck, who has played with Green Day and Weezer.

Rocking out with Aerosmith can be hazardous for your health. Four out of five group members have disclosed major medical problems in the last three years, including Perry who has been plagued by a bad knee ever since he fell off a



Brad Whitford

stage in Dallas 25 years ago. He underwent knee-replacement surgery in March 2008, but was "devastated" to learn around Christmas that the area had become infected, like a "rotten grapefruit," he said, and he would need to go through the whole procedure again.

REUTERS



Kate Moss keeps 100 cigarettes nearby at all times, femalefirst.co.uk reports. The supermodel loves smoking so much she reportedly makes her personal assistant leave a packet of her favourite Marlboro Lights on every table in her home before she goes to bed. **METRO NEWS SERVICES**

Kate the chain-smoker

Celebrity Buzz

Alleged sex vid part of smear tactic?

NEGATIVE PR Just one month after nude photographs allegedly featuring Rihanna hit the Internet, the singer looks to be facing a sex tape scandal.

A preview for a video supposedly featuring the singer and ex-boyfriend Chris Brown has surfaced, according to Hollyscoop, and the full video is said to

be coming out June 22 — the same day as Brown's hearing in his assault case.

METRO WORLD NEWS



Lindsay the jewel thief?

SUSPECT She may have been the last one seen wearing them, but did Lindsay Lohan steal \$400,000 US worth of Dior jewels from her Elle photo shoot?

Under investigation by Scotland Yard, the disappearance of a set of diamond earrings and a necklace was reported on June 8. The baubles were on loan for a June 6 magazine shoot, people.com reports.

"We inquired and everyone from the shoot is being questioned," Lohan's rep told People. "Hair, makeup, stylist ... even

photographers. Lindsay hopes they find the jewels. She is happy to co-operate."

A police spokeswoman told People: "Inquiries are continuing and no arrests have been made. As far as who we will be interviewing



— we will be speaking to a number of people in connection with the inquiry and don't discuss the identity of the people we are planning to interview."

Meanwhile, a spokeswoman for Elle U.K. released a statement exonerating the 22-year-old star. "Elle has no reason to believe that Lindsay Lohan was in any way responsible and has no further comment to make."

METRO NEWS SERVICES

Living in Jodie's shadow

MINI-ME Evan Rachel Wood had ambivalent feelings about meeting Jodie Foster ahead of their forthcoming collaboration *Flora Plum* — because she blames the Oscar winner for a childhood trauma, femalefirst.co.uk reports.

As a child, Wood was pushed to emulate the actress' career by her mother, who was obsessed with Foster. The 21-year-old attended the same schools and learned

to speak French — like her mom's idol — so Wood found meeting Foster in person an odd experience.

She told the New York Daily News, "I actually got to sit down with Jodie and I thought, 'Not that this is a bad thing, but you've haunted me my entire life. I don't know whether to kiss you or punch you.'"

"I wept going to sleep the night before, and I wept waiting for her at the restaurant. It was a big deal for me."

METRO NEWS SERVICES



I considered suicide after voice mail fallout: Alec

BIG MISTAKE It was a voice mail message meant to be private — Alec Baldwin's April 2007 tirade against his daughter, Ireland, accusing the then-11-year-old of being a "rude little pig" who needed to have her "ass straightened out" af-

ter she had "humiliated me for the last time."

Now, the star admits in a candid interview with Playboy he contemplated killing himself after the message was exposed, people.com reports.

At the time, he and his

ex-wife, Kim Basinger, were in the sixth year of their bitter custody battle.

Describing his dark thoughts as "very serious," the 51-year-old said, "If I committed sui-

cide, (Kim Basinger's side) would have considered that a victory. Destroying me was their avowed goal."

METRO NEWS SERVICES



Katy bullies name twin?

FAME GETTING TO HER HEAD? Singer Katy Perry is making life difficult for fashion designer Katie Perry, suing her and demanding she change her name.

"I got such a huge shock. It really felt like I was being intimidated and bullied into signing everything away," the Australian designer said, according to Hollyscoop. "(The letter) asked me to give up the trademark, withdraw sale of my clothes, withdraw any advertising and any websites and sign that I will not in the future use a similar trademark to Katy Perry."

There's only one problem. It appears that the fashion designer was in business before the singer. "I love my business. I'm not going to give it away without a fight," the designer said.

METRO WORLD NEWS



Father's Day Sunday June 21

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Speidi lash out at Al

B-LIST Heidi and Spencer Pratt are upset that Al Roker chastised them on Monday's Today show, usmagazine.com reports.

"People keep on referring to this weatherman like I'm supposed to know who he is," Spencer tells usmagazine.com hours after Roker — whom the Hills star admits he thought was just a fan from

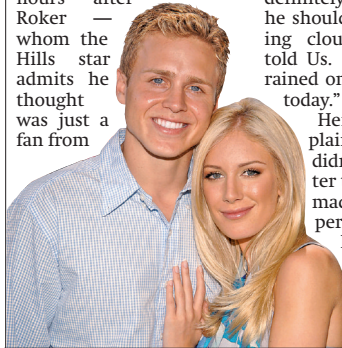
off the street — told him people think he acts like a jerk.

Spencer's wife Heidi thought Roker went too far when asking if she was proud of her behaviour on NBC's *I'm a Celebrity... Get Me Out of Here*.

"This weather guy was definitely out of line, and he should stick to predicting cloudy days," Heidi told Us. "Maybe someone rained on his little parade today."

Heidi, who complained that Roker didn't thank them after the interview and made her cry after personally attacking her, says he should learn some manners.

METRO NEWS SERVICES



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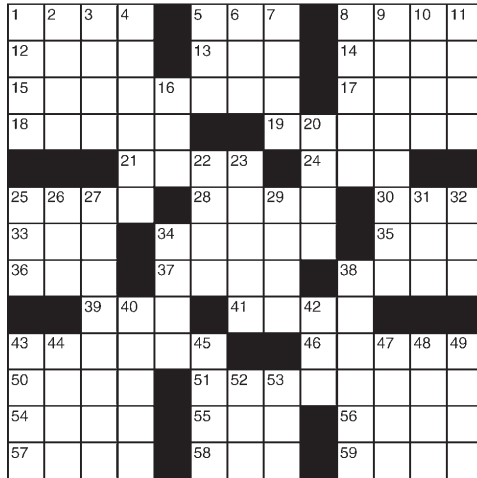




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Take Five



Crossword across

- | | | |
|--------------------------------|----------------------------------|--------------------------|
| 1 Snare | 24 In medias — | ian's stick |
| 5 Wager | 25 Cougar | 46 Shoppers' meccas |
| 8 Blue material? | 28 Passport endorsement | 50 State with conviction |
| 12 Apiece | 30 AAA job | 51 Tiny details |
| 13 Jamie Foxx biopic | 33 — Lanka | 54 Examines fully |
| 14 Christmas tree, often | 34 Flavoured like some mouthwash | 55 "— Got a Secret" |
| 15 Labyrinth beast | 35 Regret | 56 PC symbol |
| 17 Initial stake | 36 B&B | 57 Formerly, formerly |
| 18 Military freshman | 37 "Born Free" lioness | 58 Caustic solution |
| 19 Choice | 38 Memory unit | 59 Criterion |
| 21 The same, in a bibliography | 39 "Caught ya!" | |
| | 41 Dandling site | |
| | 43 Disciplinar- | |

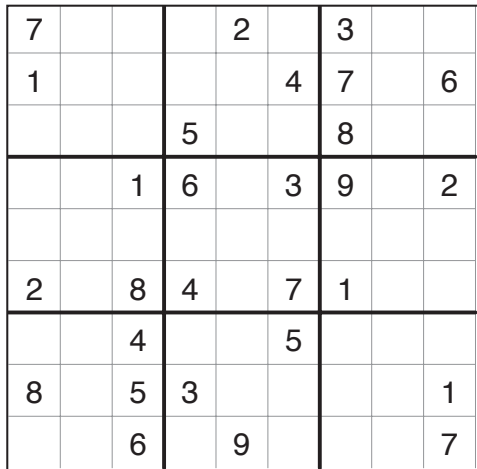
Crossword down

- | | | |
|-----------------------------|---------------------------|--------------------------|
| 1 Office part-timer | 20 Entreat | Life" author |
| 2 Bar | 22 Mephistophelean doings | Fannie |
| 3 Dermatologist's case | 23 Capital of Belarus | 42 Outback bird |
| 4 Fear, plus | 25 Omega | 43 Top choice, for short |
| 5 Lingerie item | 26 Cofee vessel | 44 Always |
| 6 Cologne-label word | 27 Mosque towers | 45 Jannings of silents |
| 7 Novice | 29 Ollie's pal | 47 Grown-up nits |
| 8 Sudden onrush | 31 Ump's call | 48 Cambodia neighbor |
| 9 Government department | 32 Itty-bitty | 49 Faxed |
| 10 "Do — others ..." | 34 Repast | 52 Wall climber |
| 11 3-Down sufferer, usually | 38 Michael Jackson hit | 53 Born |
| 16 Sen. Kennedy | 40 "Imitation of | |

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	2	6	4	7	3	9	5	1
7	1	5	8	6	9	4	3	2
9	4	3	2	1	5	6	7	8
5	3	2	9	8	6	7	1	4
4	8	7	5	2	1	3	6	9
1	6	9	3	4	7	2	8	5
6	5	8	7	9	2	1	4	3
2	7	4	1	3	8	5	9	6
3	9	1	6	5	4	8	2	7

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SUDOKU SOLVE TIME:

- | | | | |
|--------------------|---------|-----------------|-----------------|
| Under 13 min | Genius | 17-21 min | Smart |
| 13-17 min | Scholar | 21-25 min | Not bad |
| | | 25+ min | Keep practising |

Metro Recipe of the Day



Beef Salad with Lentils

INGREDIENTS:

- 1 tbsp (15 ml) whole-grain mustard
- 6 tbsp (90 ml) olive oil
- generous pinch of ground black pepper
- 2 beef steaks (about 1 lb/500 g in total)
- 1 cup (250 ml) green lentils
- 1 small sprig rosemary
- 1 1/4 cup (300 ml) low-sodium beef stock
- 2 medium carrots, diced
- 1/2 tsp (2 ml) salt
- freshly ground black pepper
- 3 tbsp (45 ml) red wine vinegar
- 1 tbsp (15 ml) chopped fresh thyme leaves
- 4 tbsp (60 ml) whipping cream
- 2 tsp (10 ml) creamy horseradish sauce
- 100 g (4 oz) lamb's lettuce
- 3 tbsp (45 ml) finely chopped chives

METHOD:

- Combine mustard, 1 tsp (15 ml) oil and pepper. Rub steaks with mixture. Cover and chill until ready to cook. Place lentils, rosemary and stock in pot. Bring to boil, uncovered. Cover, cook lentils over low heat 20 minutes. Add carrots; cook another 10 minutes. Remove pot from heat. Leave lentils and car-

- rots to cool in cooking liquid. Remove rosemary. Add 1/2 tsp (2 ml) salt.
- Heat 1 tbsp (15 ml) oil in nonstick frying pan over medium-high heat. Add steaks; cook 3 to 5 minutes each side. Remove from pan, wrap in aluminum foil.
- Whisk remaining 4 tbsp (60 ml) oil and 2 tbsp (25 ml) vinegar in medium bowl. Add salt and pepper to taste. Drain lentils and carrots from pot and add to bowl. Stir in thyme. Whip cream in small bowl until stiff; fold in horseradish sauce.
- Slice steaks thinly and add any juices from meat to lentil mixture. Add remaining 1 tbsp (15 ml) vinegar and salt and pepper to taste. Place lentil mixture on serving plates with mâche. Add meat, top with little horseradish cream mixture and sprinkle with chives. Serve remaining horseradish cream mixture separately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton

sallybrompton.com

ARIES

MARCH 21-APRIL 20
Life is good and getting better by the moment and if you steer clear of depressing people there is no limit to how high your spirit can soar.

LIBRA

SEPT 23-OCT 23
Someone you meet at a charity event will become a good friend over the next few weeks and they will open your mind to new possibilities.

TAURUS

APRIL 21-MAY 21
Today's Sun-Neptune link-up will encourage you to be generous with your time and your energy, and maybe your money too.

SCORPIO

OCT 24-NOV 22
Sometimes you are happy to let fate take its course and sometimes you like to hurry things along a little. Today it will be a mixture of both.

GEMINI

MAY 22-JUNE 21
Even if you are one of those rare Geminis who prefers to stick with the old way of doing things you will be in an adventurous mood today.

SAGITTARIUS

NOV 23-DEC 21
There are so many good things going on in your life that you feel you ought to show your appreciation in some way. Give generously. You can afford it.

CANCER

JUNE 22-JULY 22
You may not be one for confrontation but if someone tries to take liberties today you must come down on them hard.

CAPRICORN

DEC 22-JAN 20
You are no stranger to effort but at some point today you will realize that the more you put into a situation the less you get out.

LEO

JULY 23-AUG 23
The Sun in Gemini at this time of year brings all sorts of new and interesting people into your social orbit and someone today will be important.

AQUARIUS

JAN 21-FEB 18
With the Sun in the most dynamic area of your chart over the next 24 hours this is unlikely to be just another day.

VIRGO

AUG 24-SEPT 22
Make sure that your employer and any other important people you have dealings with know who you are and what you can do.

PISCES

FEB 19-MARCH 20
Uranus in your birth sign is liable to be rather disruptive today but nothing will happen that you cannot handle.

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